

STOCK YOUR TOOLBOX

Gain a competitive edge & hack your way to happiness

December 5

Self-Better Through Worry Management

Join us at this skills-based, drop in workshop

Thursdays: 4:00 - 5:00 pm

St. Liam Conf Room, 3rd Floor St. Liam Hall

No sign-up necessary. Attend as many as you like.
All ND students & graduate student partners welcome!
For more info: visit mcwell.nd.edu/toolbox



**Student
Well-Being**
MCDONALD CENTER



UCC

ENHANCING EMOTIONAL HEALTH
FOR HALF A CENTURY

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