

WEEKLY DROP-IN WORKSHOP

# Control the Controllables: Skills for Stress Management

1714 9th Ave South, 3<sup>rd</sup> Floor Student Health & Wellness Center

*Learn how to identify stressors and apply evidence-based strategies to manage stress and support self care.*

**This  
workshop is:**

- **Led by a licensed mental health professional**
- **Free and open to all UAB students**
- **No registration required!**

**UAB** The University of  
Alabama at Birmingham.

Student Counseling Services

## Tuesdays

**at 11:00am**

Wellness Promotion  
Classroom, Room 390

**CLICK A DATE TO LEARN  
MORE ON ENGAGE!**

November 4th

November 11th

November 18th

December 2nd

