Feeling overwhelmed?

Having trouble coping with your stress?

Is there too much on your plate?

We’ve all been there… Learn practical ways to reduce and prevent stress in a supportive group environment. Come join us at CAPS on one of the following dates:

- Friday, March 1st
- Tuesday, March 5th
- Friday, March 15th
- Tuesday, March 26th
- Friday, April 5th
- Tuesday, April 9th
- Tuesday, April 16th
- Tuesday, April 23rd
- Friday, May 3rd

All groups will be held from 3:15-4:30 PM at CAPS – 400 Patroon Creek Blvd. (shuttle service available)

For more information or to sign up, please contact (518) 442-5800 or consultation@albany.edu