



ANXIETY

Anxiety is something everyone experiences.

If everyone experiences it, why is it such a big deal? Well, it becomes a big deal when people have too much of it, and it turns out that college students have plenty of it! Join Phil Boissiere, MFT of De Anza College Psychological and Health Services to learn more about anxiety and common treatments.

This workshop is the forth in a series of five workshops, brought to you by De Anza College Psychological and Health Services.

March 13, 2012 from 11:30am – 12:30pm

Don Bautista Room, Hinson Campus Center, De Anza College

These workshops are educational and not intended to provide diagnosis or treatment. For more information on the presenter, please visit www.cognitivetherapysf.com

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