



Stress & Anxiety Management Workshop

By: Ms. Debra Futterman, LCSW

Date: November 1, 2018
12:10pm – 1:00pm

Room 115

Nova Southeastern University
COLLEGE OF PHARMACY
PALM BEACH REGIONAL CAMPUS

Students attending this event are eligible for
checklist credit in:
Shark Pride

Please sign-up at:

<https://goo.gl/RkZ7iV>

Please feel free to bring your lunch!

Are you feeling overwhelmed? What questions do you have on balancing your studies, work and personal life? Do you need advice on how to manage stress?

Please come and hear from the professionals at Nova Southeastern University's Henderson Student Counseling Center presentation on Stress Management. This event will offer strategies on how to cope. Allow them to teach you how to strike a balance in your life and reduce your anxiety. They will introduce you to new tools to help you manage your stress everyday life.

Presentation by, Ms. Debra Futterman, Director, Student Counseling Services for Henderson Behavioral Health. Services provided at the center include: treatment for anxiety, panic and depression; anger management; financial stress; social struggles; chronic illnesses; abuse; suicidal thoughts; break-ups and divorce; assault; and many other areas affecting a student's quality of life. **Hotline:** 954-424-6911 (available 24 hours, 7 days a week)