

HOLDING SPACE

A Virtual Counseling Group for Anxiety FROM 4/1/2026-5/13/2026

We offer a safe, supportive space for individuals to explore their experiences with anxiety, connect with others, and build effective coping skills.

**WEEKLY ON
WEDNESDAYS
12PM-1:30PM**

Scan the QR
code to sign up



**HAVE ANY QUESTIONS?
EMAIL AMANDA AT
coe-counseling03@csus.edu**



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