

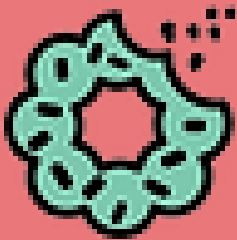
say no to anxiety

Stress Management Workshop

AANAPISI x Counseling Center Collab

November 21 | 1-2 PM, AANAPISI Center (RSB 12)

+° ✧ Gain helpful tips on managing stress and anxiety before finals season with mochi donuts and cozy warm drinks ✧+°



dochi



Questions?

Dejan Perez
AANAPISI.south
@seattlecolleges.edu

WELCOME
TO ALL



Seattle Colleges is committed to the concept and practice of equal opportunity and reasonable accommodation for all its students, employees, and applicants in education, employment, services, and contracts. Visit www.seattlecolleges.edu/nds for full statement.

AANAPISI is 100% federally funded by the U.S. Department of Education in the amount of \$300,000 per year for a period of five years (Oct. 2021-Sept 2026) and is administered by South Seattle College

donut listen to

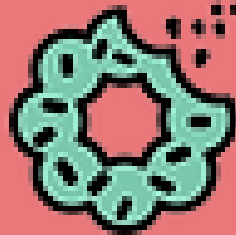
negative thoughts

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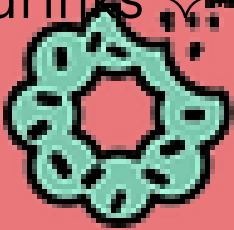
friends don't let friends go through tough stuff alone

Stress Management Workshop

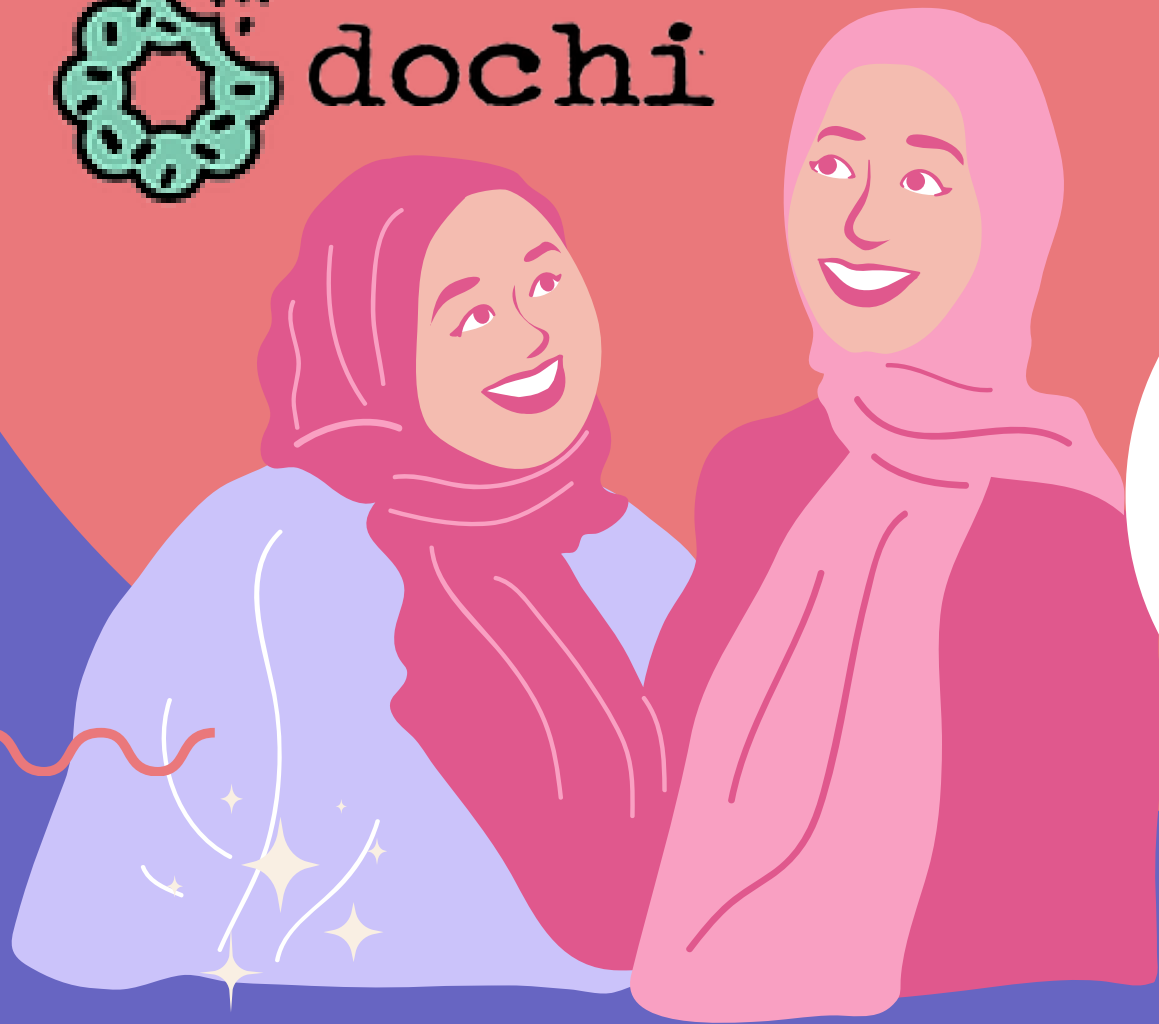
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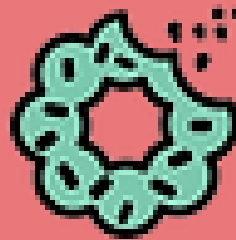
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