Self-Care & Time Management Workshops

Stressed about homework, class, and finals? Come to CARP’s interactive workshops! We will share and practice self-care and time management tools to help each other as students.

Wednesday, Nov. 14, 5-6 PM, HSS 268
&
Thursday, Nov. 15, 5-6 PM, HUM 277

Questions?
Call 415-405-0316 or stop by HSS 346 to talk to a CARP coordinator!

Students with disabilities who need reasonable accommodations are encouraged to contact CARP by Monday, November 12.