

Join **You Got This** for our Fall quarter workshop series. Each week will feature three different 3-part workshop series topics: Mindfulness, Coping with Anxiety for undergraduate students and Coping with Anxiety for graduate students. After successful completion of one 3-part workshop series, one participant will win a \$25 Amazon e-gift card.

Start Date: Mindfulness
October 4, 2021 – Round one
October 25, 2021– Round two

Coping with Anxiety for Undergraduate Students (U)
October 7, 2021 – Round one
October 28 , 2021– Round two

Coping with Anxiety for Graduate Students (G)
October 8, 2021 – Round one
October 29, 2021– Round two

Please use the specific REGISTRATION LINK to register yourself to participate in YGT workshop series.

October 4, 2021 for Mindfulness
[REGISTRATION LINK](#)

October 7, 2021 for Coping with Anxiety – undergraduate students
[REGISTRATION LINK](#)

October 8, 2021 for Coping with Anxiety – graduate students
[REGISTRATION LINK](#)