

BEAT ANXIETY WORKSHOP

CAPS invites you to join a
5 segments virtual
workshop to discuss ways
to cope with anxiety.

JANUARY 27, 2022

12PM - 1PM

Email for questions or ZOOM link!

estenia@wayne.edu



Presented by:

Estenia Elisevich,
MSW Intern

Patricia Dixon, University
Counselor III

CAPS is Here for You!

**Counseling & Psychological
Services**

Main Office Phone: (313) 577-3398

Patricia Dixon: (313) 577-3243

After Hours: 313-577-9982

Monday - Friday
8:30am to 5:00pm

