Discover what is important to you in your relationships, and learn strategies to make them work.

Hang with C&PS’s therapy dog Baxter and learn ways to reduce stress and enhance your academic success and personal growth.

Stuck in the past? Worry about the future? Join us for an intro on how to be more present.

Hang with C&PS’s therapy dog Baxter and learn ways to reduce stress and enhance your academic success and personal growth.

Hang with C&PS’s therapy dog Baxter and learn ways to reduce stress and enhance your academic success and personal growth.

Hang with C&PS’s therapy dog Baxter and learn ways to reduce stress and enhance your academic success and personal growth.

Check out this mini-COPE workshop to learn healthy and effective strategies for managing stress.

Do tests freak you out? Does your mind go blank? Join us and learn to take down that test anxiety!

Do tests freak you out? Does your mind go blank? Join us and learn to take down that test anxiety!

Hang with C&PS’s therapy dog Baxter and learn ways to reduce stress and enhance your academic success and personal growth.

Hang with C&PS’s therapy dog Baxter and learn ways to reduce stress and enhance your academic success and personal growth.