

Drop-In Series on Stress and Coping

Dear students,

Please join the Drop-In series on Stress and Coping provided by West support staff! This will be the first of four drop-in Zoom sessions.

Our first meeting will be on **Tuesday, February 9th at 12:00**. Everyone is welcome to join anytime! The Zoom link will be sent out at a later date.

During the first session we will discuss why feelings exist, the purposes they serve, and strategies for managing our emotions.

Please contact Julianne Zygmunt (jmdileo@madison.k12.wi.us) or Joel Porter (jsporter@madison.k12.wi.us) if you have any questions. We hope to see you there!