

Save the date



Please join us for this important topic which may be affecting your mentee or yourself:

MENTAL HEALTH: UNDERSTANDING & MANAGING ANXIETY

A free seminar sponsored by the
Danbury Student and Business Connection
(DSABC)

Thursday, February 10
8:30 a.m. via Zoom

In recognition of the struggles with anxiety that many are experiencing as a result of Covid and stresses of life, the DSABC invites you to learn about anxiety, symptoms, causes and management skills