You've Got This!

Join our You've Got This! Online zoom sessions. Learn how to better manage difficult emotions, tame overthinking, how to cope better with stress, and handle difficult conversations, all while receiving support from our facilitators and peers. You will be able to get your questions answered and learn how to apply these skills to your every day life!

Spring 2022 Schedule

Mon 3:00 pm - 4:30 pm
Tues 10:30 am - 12:00 pm
Wed 2:30 - 4:00 pm
Thurs 1:00 - 2:30 pm

To join call us at 302-831-2141 to set up an appointment to talk with a counselor.