COVID-19 related virtual group counseling workshop being offered by CAPS for students.

**Managing the home environment Tuesday, 4/21/20, 10-11AM**

Come join other Rutgers students to discuss ways to manage difficulties adjusting to the impact of COVID-19. Each session will offer helpful tools and provide a platform for students to talk to each other for support and exchange of ideas. During this session, we will provide skills to manage family dynamics and boundary setting with others in the home, and connecting with others while social isolating.

In order to join by phone, please call the number provided and when prompted enter the access code. If you want to attend the workshop virtually, click on link.

**JOIN WEBEX MEETING**
https://rutgers.webex.com/rutgers/j.php?MTID=m7d312f692b8d7a614f5e9bcde345d18b

**JOIN BY PHONE**
+1-650-429-3300 USA Toll
Meeting number (access code): 793 779 497

4-14-20