

**ACC** ALVIN COMMUNITY COLLEGE

# *De-Stress Fest*

## **COPING SKILLS TOOLBOX**

**Wednesday, October 18**

**12:00pm**

**Room S-105**

Managing stress in nursing school can be difficult, join us to discover effective tips and tricks!

*For more information, contact: [counseling@alvincollege.edu](mailto:counseling@alvincollege.edu)*