

Cognitive Behavioral Therapy “CBT” Workshop

Learn How To

- ✓ Be aware of negative thinking
- ✓ Explore relationships between thoughts, feelings, and behaviors to help create change
- ✓ Find new ways to prioritize your mental health and well-being

Open to all students!

**Weigel 203
Every Tuesday, 12 pm to 1 pm**

For more information, contact us at
counselingcenter@buffalostate.edu or (716)878-4436