

# COPING WITH ANXIETY, STRESS, AND TRAUMA

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Join us to learn more about healthy ways to cope with stress, anxiety, and traumatic events.

OCTOBER 16, 2020 | 10 AM-11 AM  
ONLINE EVENT

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Register now at [www.lms-plus.com/events](http://www.lms-plus.com/events) to receive the link to join the Event.