Feel confident supporting someone in distress. Learn new ways to talk with others about anxiety, depression, & suicidal thoughts.

*Training serves campus students, staff, faculty, and friends*

**TUESDAY, SEPT. 17 @ 12:30PM-1:45PM**
**MONDAY, OCT. 28 @ 1:30PM-3PM**
Student Commons/Qdoba Building: 1st floor, Boettcher Room

**RSVP HERE!**
bit.ly/lynxtraining

**PRESENTED BY THE CU DENVER COUNSELING CENTER**
Contact: Kelly.Signer@ucdenver.edu or Jenna.Machado@ucdenver.edu

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