

# Hope and Grounding



In these challenging times, it's more important than ever to connect and share our concerns about current events and their impact on our lives and well-being. This event provides a safe and open space for individuals to discuss their feelings and experiences, fostering a sense of community and understanding. During the session, we will explore coping strategies and grounding techniques to help manage stress and anxiety.

Participants will have the opportunity to engage in guided meditations designed to promote relaxation and resilience. Whether you're looking for tools to cope with the stress of current events or seeking to connect with others facing similar challenges, this event is for you.

**Tuesday, October 29 from  
3:00-4:00 p.m. on Zoom**



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# Open Election Support Session



The upcoming presidential election is an important part of the lives of everyone living in the United States today. Mental Health experts have found that people are feeling especially stressed by this year's election. Increasing coping and support can include talking to others about your feelings. Please join UB Counseling Services for Presidential Election Listening Sessions. Listening Sessions provide an opportunity for students to share how they have been emotionally and psychologically impacted by the upcoming election. Ways to identify peaceful action, inclusivity, coping and support will be provided.

**Thursday, October 17 from  
5:00–6:00 p.m. on Zoom**



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