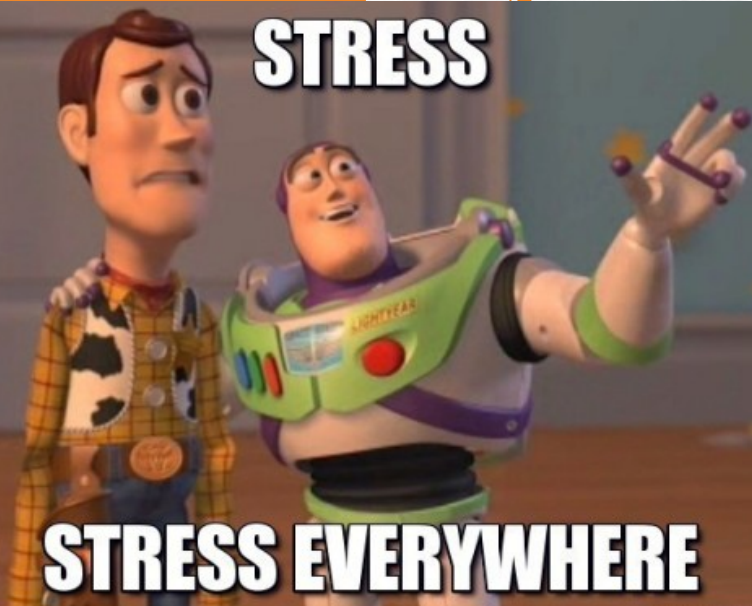


FINALS GOT YOU STRESSED?

STRESS

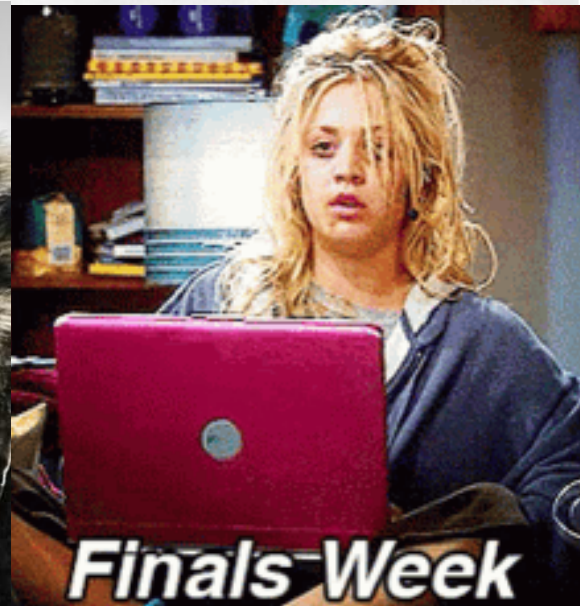


STRESS EVERYWHERE

BRACE YOURSELVES



Finals are coming



Finals Week

LET'S DE-STRESS

Join the Counseling & Student Success Center and MHAEM for a friendly yet competitive game of **JEOPARDY!**

Refocus on your mental health, have fun, and compete for a... **PRIZE!**

Join us
Tuesday
May 4th
from 2-3PM



Interested?

Email: counseling@ccm.edu to register
(link will be provided)

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association of Essex and Morris, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMHSA grant.