

Achieving Personal Balance

for Military Affiliated Students registered at Rutgers
(veteran, prior service, current service member or dependent)



A stress management program for Veterans that teaches behavioral, social, and cognitive coping strategies to address stressful situations at home, work, and interpersonal relationships. This program covers topics such as healthy coping strategies vs. unhealthy coping strategies, positive self-talk, social support, healthy eating and exercise, and substance use and abuse.

Fridays: 12:00-1:30 PM

8 Sessions: October 4 - November 22, 2024

**Sign-up at the Vet House at (848) 932-8387 or
ag2357@scarletmail.rutgers.edu**

Slots are limited.



This program includes lunch at every session, prizes for participation, and a \$50 gift card for completion.

This program is brought to you by:



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