

Achieving Personal Balance

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



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.

Tuesdays: 12:00-1:30 PM

8 Sessions: February 10 - April 2, 2026

**skipping March 17/Spring Break*



Sign-up with Chris Yacout at
cjy43@scarletmail.rutgers.edu or at the Vet House

Slots are limited

This program includes lunch at every session, prizes for participation, and a \$100 gift card for completion.

This program is brought to you by:



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