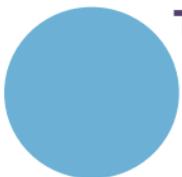




FROM NOPE2COPE

DO YOU:

- FEEL **OVERWHELMED & OVERLY STRESSED**
 - FEEL AS THOUGH **CURRENT EVENTS** ARE **IMPACTING YOU NEGATIVELY?**
 - EXPERIENCE **OVERWHELMING EMOTIONS?**
 - **FOCUS NEGATIVELY** ON THE PAST OR **WORRY** ABOUT THE FUTURE?
 - IS IT **DIFFICULT** TO EFFECTIVELY **COMMUNICATE YOUR NEEDS** TO OTHERS?
 - DO YOU FIND YOUR **CURRENT COPING STRATEGIES AREN'T HELPING?**
 - **FREAK OUT** IF YOU CAN'T REACH A PARENT OR FRIEND WHEN OVERWHELMED?
 - WISH THAT OTHERS WOULD JUST **TELL YOU WHAT TO DO?!**
- 



IF THIS SOUNDS FAMILIAR, THEN
FROM NOPE2COPE IS FOR YOU!

COUNSELING CENTER

FROM NOPE2COPE

- DESIGNED SPECIFICALLY **FOR JMU STUDENTS**
- **FIVE ONE-HOUR** SESSIONS
- FULL OF **EVIDENCE-BASED SKILLS** & STRATEGIES
- DESIGNED TO HELP **INCREASE COPING SKILLS**
- **QUICKEST AND MOST EFFICIENT WAY TO REDUCE DISTRESS** SYMPTOMS
- HIGHLY RECOMMENDED BY CC CLINICIANS

PAST TREATMENT PROGRAM PARTICIPANTS SAY:

“IT WAS GREAT & I AM SO **INCREDIBLY GLAD** I DID IT.”

“I GOT **SOMETHING HELPFUL EVERY TIME.**”

“I REALLY LIKED **ALL OF THE TOPICS** THAT WE TALKED ABOUT.”

“**I FELT UNDERSTOOD** AND NOT ALONE ANYMORE.”

IF THIS PROGRAM SOUNDS LIKE IT WOULD BE HELPFUL TO YOU, OR YOU WOULD LIKE MORE INFORMATION ABOUT IT, PLEASE CONTACT THE CC FRONT DESK (540) 568-6552 AND ASK ABOUT **FROM NOPE2COPE!**

COUNSELING CENTER