



CONTACT US



cascadia.edu/stresscc



@cascadiastresscc



18345 Campus Way NE,
Bothell, WA 98011



Monday – Wednesday,
3:30 – 5:30 p.m

WHY ?

- Stress ?

Stress is a problem that most people have to experience with. Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

- Activities

We will sit together after a long study day and talk about what happened today and in your life. We will share our stories, and what problems we worried about in our life, and feel free to give other advise/ solutions.

- Benefits

We will meet new friends here and have free advises, solutions and know how to face with our problems. Moreover, we also can have snacks or do homework together.

STRESS COMMUNICATION CLUB

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Works Cited

Studio Romantic. "Group of Happy School, College, or University Students Meet Up and Have a Discussion: Team of Young Diverse People Sitting Around a Table with Laptops, Working on a Project, Talking, and Sharing Ideas." Adobe Stock. Dec 19.

2023,<https://stock.adobe.com/images/group-of-happy-school-college-or-university-students-meet-up-and-have-a-discussion-team-of-young-diverse-people-sitting-around-a-table-with-laptops-working-on-a-project-talking-and-sharing-ideas/534149882>

Serkan, Avci. "students chatting among themselves cartoon vector." Vecteezy, Dec 9. 2023, <https://www.vecteezy.com/vector-art/19015832-students-chatting-among-themselves-cartoon-vector>