

An interactive program providing therapy assistance  
online offered as an additional resource to CAPS

# tap into TAO

## TOPICS OF INTEREST

Health & Wellbeing  
Time Management  
Healing from a Breakup  
Are You on the Right Path?  
Handling Perfectionism  
Social Connections  
Stress Management  
Budgeting & Finance  
Academic Struggles  
Building Resilience

## ENTER THESE CODES

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Use your UR email and  
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[thepath.TAOconnect.org](http://thepath.TAOconnect.org)

Or you can scan these  
QR codes to access TAO



THE TAO WEBSITE



PERSONAL SURVEY