

Chill & Chat

Peer support group

Take a break to rejuvenate

Meets every Wednesday 2:00-3:30 in room 1726

next to the copy room

Enjoy a safe place to:

- Connect with other students
- Learn stress management skills
- Learn how to overcome life obstacles
- Receive and give support!

(2nd Wednesday of each month is a workshop in lieu of Chill & Chat)