

Support Groups for Students

MJC is offering **support groups**, facilitated by Counselors Natalie Hassell and Eric Garcia, and mental health practitioners through Health Services.

Topics may include: Stress and time management, self-care techniques, study skills, self-esteem, coping skills, general health and wellness, and building support teams.

Any MJC student is welcome to attend. No appointments are needed and snacks are provided.

Benefits include:

- Realizing you are not alone
- Freedom to express yourself
- Learning helpful information/coping skills
- Improved social skills
- Gaining hope
- Increased self-awareness
- Supporting peers
- And...they are no cost!

SUPPORT GROUPS SCHEDULE:

West, Yosemite Hall, A106

Tuesdays: 9-10am, 1-2pm

Fridays: 10-11am, 1-2pm

East, Founders 116

Fridays: 10-11am

Please contact Amy Yribarren (x7765) in Health Services, Erica Garcia, or Natalie Hassell for more information.