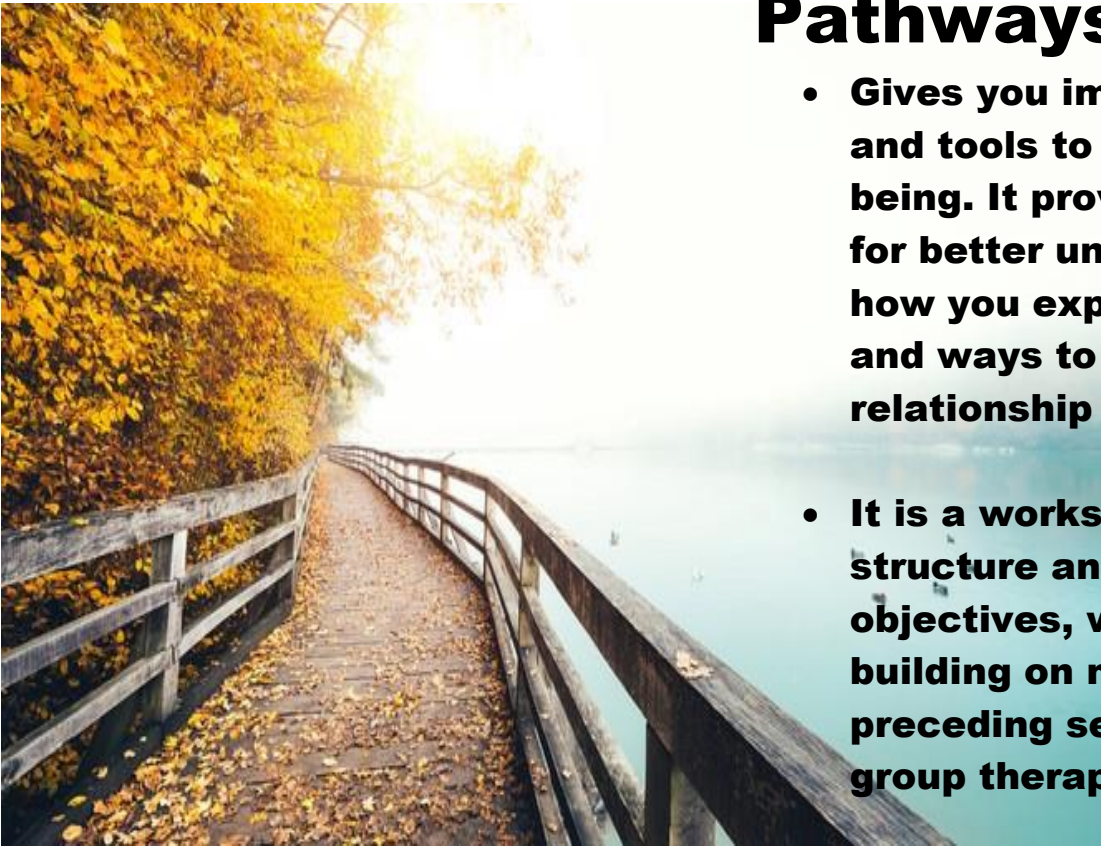


Pathways

- **Gives you immediate strategies and tools to improve your well-being. It provides a framework for better understanding for how you experience distress and ways to change your relationship with this distress.**
- **It is a workshop that has structure and specific learning objectives, with each session building on material from the preceding session. It is not group therapy.**



Pathways group will meet on:

April 19th, 21st, & 26th from 2:00 to 3:00 PM

Next session: Call CAPS for additional dates and times

If you or someone you know are interested in joining a Pathways group, please contact CAPS at counseling@snc.edu or call **(920) 403-3045**.

All sessions take place at the Counseling and Psychological Services office, Mulva Family Fitness and Sports Center 2059.