

Sisters: Connect and Discover

*Supporting Self Esteem

*Managing Anxiety, Mood, & Stress

*Strengthening Relationships

Women's Group **Mondays 3:00 - 4:00 pm**

If you or someone you know may be interested, please contact **CAPS** at Counseling@snc.edu or call (920) 403 -3045. This QR code can be used to sign up and and send the email!



First Meeting on
MONDAY Feb. 7th
8 week group
ends April 4th
(No meeting 3/14)