

Pathways

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

Pathways group will meet on September 21st, 23rd & 28th (Tuesday, Thursday, Tuesday) from 3:00 to 4:00 PM at the Counseling and Psychological Services office, MFFSC 2059.

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

Use this QR code to send an email & sign up!

