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:

November 2\textsuperscript{nd}, 4\textsuperscript{th}, & 9\textsuperscript{th} from 2:00 to 3:00 PM

Next session: November 11\textsuperscript{th}, 16\textsuperscript{th}, & 18\textsuperscript{th} from 9:00 to 10:00 AM

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.