

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



First Meeting on
MONDAY 10/4 !
(8 week group,
ends Nov 22nd)