Struggling with adjustments to college can be difficult. Help Is Here! Join the group! Weekly meetings Wednesdays 10-11 AM Thursdays 2-3 PM Starts Sept. 8<sup>th</sup> & 9<sup>th</sup> Campus Center room 210

## Transitions

Use this QR code to send an email & sign up for Wednesday's group! Use this QR code to send an email & sign up for Thursday's group!

Counseling and Psychological Services (CAPS) counseling@snc.edu (920) 403-3045