

**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!**

