

Depression & Anxiety **PEER SUPPORT GROUP**

You are not alone. Come get support for your needs.

Mondays | 4:00-5:00pm

SC 207 **when class is in session*

RSVP: shemya-vaughn@redwoods.edu

This is a peer support group providing a safe space for CR students
to provide emotional support to each other.

**This group is facilitated by a licensed mental health professional from Counseling & Advising.*