NEW CONNECT GROUPS
Drop In Support for Students

Women
Mon 4/3, 17, 24
5-6pm
Health & Counseling
Center MT LL
• gain perspective &
insight into
women-related
concerns
• connect with other
Lewis students to
give & receive
support

Stress & Anxiety
Wed 4/5, 12, 19, 26
3-4pm
MT-030 (LL)
• learn tips on
managing stress &
anxiety
• realize you are not
alone & share ideas
that help

RA Check In & Consult
Tues 4/4 & 4/18
1-2pm
JG-123
• join with other RAs
to gain peer-to-peer
support
• consult on stress,
self-care & other
topics as a student
& RA

Is it confidential?
Yes (except if your or
someone else’s safety
need to be ensured)

Contact for More Info:
815.836.5455

CENTER FOR
Health &
Counseling Services
LEWIS UNIVERSITY