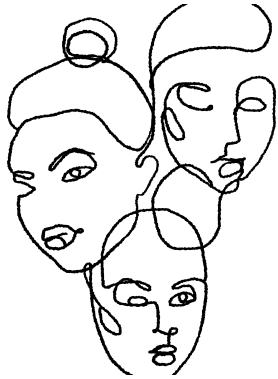


**NEW**

# CONNECT GROUPS

## Drop In Support for Students

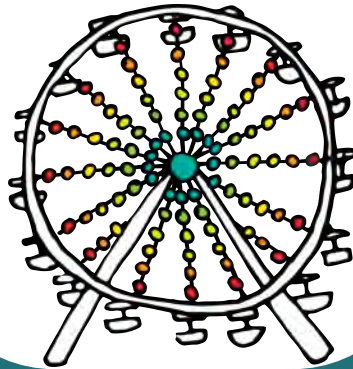


### Women

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