This group offers a safe, confidential space in which to talk about the stressors in graduate school and life, emotions (including anxiety and depression), and relationships.

**More details**

› This group is led by Kristine Meier, MEd, RP.
› Offers a safe, confidential space in which to talk about the stressors in graduate school and life, emotions (including problems with anxiety and depression), and relationships on a drop-in basis.
› Understand how to navigate issues in your academic and personal life.
› Share your experience, obtain feedback, and explore new ways of coping with issues unique to graduate students in a safe and confidential context.

**WHEN**

Thursdays Fall 2019
3:30 p.m. to 4:30 p.m.

**WHERE**

Health Services Building
1st Floor, Room 1106

Register on LEADS
uwaterloo.ca/campus-wellness/events