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.

Register on GoSignMeUp
uwatloo.ca/campus-wellness/events