This group 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.

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 Spring 2019
3:30 p.m. to 4:30 p.m.

WHERE
Health Services Building
2nd Floor, Room 2302

Register today on LEADS
uwaterloo.ca/cw/events