

Support Groups at GHC

Tuesdays during GAP period (8:19 am - 9:14 am)
in the Health Office

Study Skills:

- January 24th
- January 31st
- February 7th
- February 14th



Mindfulness:

- February 21st
- February 28th
- March 7th
- March 14th
- March 21st



Stress Management:

- March 28th
- April 11th
- April 18th
- April 25th

