

Support Groups at GHC

Tuesdays during GAP period (8:20 a.m. - 9:17a.m.)

SPC 6 (Left of Gym Entrance)

3 Hours of Detention Credit

Study Skills / Time Management

- September 19
- September 26
- October 10



Mindfulness / Stress Management

- October 17
- October 24
- October 31
- November 7



Test Anxiety / Organizational Skills

- November 14
- November 21
- November 28
- December 5

