

Starts February 21st!

# Graduate Student Support Group

*Brenau Center for Counseling and Psychological Services*

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**Tuesdays:**

- Group 1: 11am-12:30pm
- Group 2: 2:00pm - 3:30pm

**Location:**

- Brenau's Norcross campus  
(meeting room will vary weekly)
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**Leaders: Ashley Pettway & Monique Rhymer**

\*There are no monetary costs associated with joining these groups. You are free to attend either Group 1 or Group 2 depending on your availability. This is an open group, meaning that you are not required to attend the group every week. Come at your own convenience!

**Weekly discussion topics**

- Stress management
- Self-care
- Imposter Syndrome
- Anxiety
- And more!

