



BEST OF YOU GROUP IS BACK!

MONDAYS
1-2:20PM @
LOWER
LIBRARY RM. 22

COME CHECK IT OUT!

PIZZA WILL BE PROVIDED 😊

GROUP WILL MEET MONDAYS FROM 9/11/2017-12/4/2017
EXCEPT FOR 9/25/2017 AND 11/20/2017

Do you want to
improve your
ability to make
new friends?

Do you want
support dealing
with stress?

Do you often feel
lonely?

Would you like to
connect with more
HSU students?

If you answered
yes to ANY of the
above, come
check out this
group!

Best of You group is led by
Stephanie McGrath, Psy.D.
For more information,
call 707-826-3236 or visit
www.humboldt.edu/counseling