

# Fill Your Tank Friday

All Counseling Groups Begin in March 2022

Interested?

Contact Counseling Services

BSC 216

717-361-1405 or

berraa@etown.edu

## Emotional Adulting

*Navigating the challenges and uncertainty of college adulthood can be stressful.*

*You don't have to do it alone!*

*Come gain support and explore ways to build emotional intelligence, mental strength, spiritual wellness and resilience for life.*

**Fridays Starting March 11th  
1:00 - 2:00 BSC 211**

## PRIDE

*A safe & empowering support group for LGBTQIA+ students to discuss & explore topics related to sexual orientation, gender identity, & diversity. Additionally, we will focus on self-care, healthy relationships, sharing resources & self-advocacy.*

**Fridays Starting March 11th  
2:00 - 3:00 BSC 211**

## What Now?!

*Although the thought of life after graduation can be exciting for some, it can be intimidating for others. Come join the What Now?! group for seniors to process fears and anxieties about life after graduation.*

**Fridays Starting March 11th  
3:00 - 4:00 BSC 211**