Unpack the loss of:

- graduation
- spring quarter
- summer plans
- research opportunities
- internship & job opportunities
- feelings of safety
- trust in our government
- support network

with us in a Talking Circle
**TALKING CIRCLES ARE...**

- A safe, nonjudgmental spaces to talk about how COVID-19 has impacted your life
- Facilitated by two student peers and a licensed counselor from CAPS
- Confidential non-clinical support group
- A way to validate the emotions that students are experiencing
- Opportunities for you to be a support for other students and supported in return
Check out the dates on the RSVP!

bit.ly/3d1ADsS