

THRIVING WHILE DISTANCE LEARNING

A Support Group for First Time College Students During COVID-19

Didn't anticipate to start your college experience online? Wondering about how you're going to manage your responsibilities while distance learning? Already feeling stressed, sad, worried, or anxious about the start of the school year? This group is a safe (virtual) place to discuss all the stressors and emotions associated with distance learning, connect with other college students, and gain coping skills to navigate this life transition with resilience and greater ease. All entering college students residing in California are welcome to join!

Saturdays 2-3pm
Virtual Meetings

8 Week Group Beginning September 26, 2020
Fee: \$350 for 8 weeks



If you are interested in
joining this group,
please reach out to
(626) 219-6250
or
admin@doctorani.com