**TUESDAYS**  
*(beginning 1/19/16)*  
11 a.m.–Noon  
Black Kats Kafé,  
*(in the Rat)*  
Rachel Russell, Psy.D.  
& Saloni Taneja, M.A., M.S.

**INTERNATIONAL STUDENT GROUP**  
Join us to discuss adjustment to a new culture, homesickness, life in the U.S. and other social/cultural challenges of being an international student!

**WEDNESDAYS**  
*(beginning 1/20/16)*  
2–3 p.m.  
CAPS  
*(corner of University Blvd. and Country Club Rd.)*  
Debra Sloane, Psy.D., BCBA  
& Mara Rowcliffe, M.S.

**SOCIAL CONFIDENCE GROUP**  
Join us to discuss common concerns regarding social anxiety and the social challenges in your life. Learn ways to increase communication/conversation skills and perspective-taking, as well as to gain confidence in your interpersonal relationships!

**THURSDAYS**  
*(beginning 1/21/16)*  
6–7 p.m.  
Crawford Building,  
4th Floor, Room 407  
Mary Kate Miller, M.S.  
& Lauren Mazur, M.S.

**EMOTIONAL WELLNESS GROUP**  
Join us to discuss emotional and physical wellness, reduce stress and anxiety, and learn healthy coping skills! Learn ways to acquire practical, healthy methods for improving your self-care and sense of well-being.

**FRIDAYS**  
*(beginning 1/22/16)*  
1–2 p.m.  
CAPS  
*(corner of University Blvd. and Country Club Rd.)*  
Debra Sloane, Psy.D., BCBA  
& Lauren Mazur, M.S.

**RELATIONSHIP SUPPORT GROUP**  
Get support by listening to peers and sharing your own unique relationship experiences in a safe and confidential setting to help improve and navigate your complex relationships!  
**THIS GROUP REQUIRES PRE-REGISTRATION—CALL 321-674-8050**

Sponsored by Counseling and Psychological Services (CAPS)

FOR MORE INFO: 321-674-8050 or fit.edu/caps