

Free snacks!

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De Anza Psychological Services Presents:

SUPPORT GROUPS

Winter Quarter 2017
Beginning Week of 1/31/2017

Time:	<u>12:00-12:50pm</u>
Tuesday	Women's Group
Thursday	Self-Esteem
Friday	Mindfulness & Meditation

Location: Psychological Services (same building as Bookstore)

These support groups are held weekly throughout the quarter and are free to De Anza College students. Each support group will be different from week to week, covering different topics or exercises. Support groups are beneficial if attended regularly throughout the quarter. However, drop ins are always welcome. If you aren't sure, you are always welcome to try one out and see how it goes. There are no requirements to continue if you do not find it beneficial.

For more information about a specific group or how it works, **please contact**
Dr. Wang via email: wangflorencia@fhda.edu