

# Running Start Support Group



A space to connect with other Running Start students navigating the complicated worlds of family, high school and college. Bring your lunch, share ideas and learn new skills to manage stress and live your best life.

Groups are facilitated by Licensed Marriage and Family Therapists: Beth VanBuecken and Valentina Pishchanskaya-Cayanan

## WHEN

Wednesdays

11AM-12PM

Oct. 16<sup>th</sup>- Nov. 20<sup>th</sup>

## WHERE

Counseling and  
Health Center  
(HSC 124)

## SIGN UP

Contact Valentina  
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