



# Finding Your Calm

Are you ever consistently stressed, worried, or in a panic?

**You are not ALONE!**

**This group will provide students the opportunity to:**

- Discuss and work through their issues
- Learn more about themselves and others
  - Gain support and feedback
- Be in an environment that encourages empowerment

**For more information, contact Student Health Services**

Thursdays from 1pm to 2pm

Hosted on Zoom

Facilitator: Kaela A. Bonafede, MFT Trainee

Sponsored by Student Health Services  
(909) 831-5446

