

Are you struggling with Stress, Anxiety or Balancing Obligations during the Pandemic?

Do you wish you had more Support and Ways to Cope?

Transformative Growth Counseling Services is offering **FREE** Online (Zoom) group sessions to KCC students

- Share your experiences and receive support.
- Learn about and practice skills on topics like mindfulness, setting boundaries, challenging harmful thought patterns, and more.

Navigating Stress/Anxiety During the Pandemic

Mondays 6-7 p.m.

Nov. 1 - Dec. 20, 2021

Learn more:

Contact Michelle Thorpe

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Kankakee Community College
THE POWER OF COMMUNITY

