

Ready to Exhale: A Support and Resource Group for Black Female Students

Are you waiting to exhale multiple life stressors?
Could you benefit from having a safe, confidential place to gain perspective and obtain support and resources for personal, social, academic, occupational, and other life concerns?

Wait no longer!
If you are ready to exhale negative stressors and to inhale positive well-being
then this small group experience is for you!

This 10-week support group is designed to provide information and discussion relevant to enhancing the lives of Black female students including:

- Learning self-care strategies for emotional healthiness
- Making lifestyle choices for physical wellness
- Enhancing skills for academic and career success
- Choosing positive relationships for social support
- Using spiritual practices for life balance

Space available for up to 10 motivated women!
Commitment to weekly attendance is expected!

Meeting Dates: Wednesdays, October 19-December 7, 2011
Times: 2:00-3:30 p.m.
Location: SVC 2124 (Counseling Center)
Facilitator: Kristen Davis-John, Ph.D.
Call to Sign Up: 813-974-9257

