



## Student Health and Counseling Center

UNIVERSITY of ALASKA ANCHORAGE

Are you struggling with hopelessness?

Free group meeting and effective help for all students who want to learn skills to cope with hopelessness.

Meet in person or through Zoom with people who understand and be successful this semester.

Who: Confidential group for UAA students led by licensed clinicians.

When: Mondays from 10:00 am to 11:00 am

Where: Rasmuson Hall, room 204 (in person or through Zoom)

Sign up by calling the Student Health and Counseling Center at 907-786-4040 and to receive the Zoom link.

All costs are free.

The University of Alaska is an Equal Opportunity/Equal Access Employer and Educational Institution. The University is committed to a policy of non-discrimination against individuals on the basis of any legally protected status.