

WOMEN OF COURAGE

**MONDAYS
3:45-4:45PM**

**FALL
2021**

MANAGING YOUR ANXIETY

**THURSDAYS
3-4PM**

**FIRST GENERATION
STUDENT EMPOWERMENT
GROUP
TUESDAYS 1:45-2:45PM**



**LGBTQIA+
SUPPORT GROUP
THURSDAYS
3-4PM**

**PARENTING STUDENTS
SUPPORT GROUP
WEDNESDAYS 2-3PM**

**BODY & MIND
WELLNESS GROUP
WEDNESDAYS 2-3PM**

**RE-IMAGINE YOURSELF
THURSDAYS 2-3PM**

**HEALING RACIAL
TRAUMA &
EMPOWERMENT CIRCLE
THURSDAYS 3:45-4:45PM**

**STUDENT VETERANS SUPPORT
THURSDAYS 3-4PM**

Free and Confidential

Weekly Meetings

Small Groups

Learn Skills and Gain Support

For more info email counselingcenter@bmcc.cuny.edu