

Shifting Gears: Skills for Life

- Feeling emotionally overwhelmed, frustrated in your interactions with others, or worrying about the future?
- Consider joining our student group
- We explore skills to manage emotional reactions, to calm and de-clutter our minds, to deal with people in more effective ways and to tolerate life when it just isn't going so well

Student Wellness Group

University of Lethbridge

Counselling & Career Services

Free to join! All students welcome to attend

RSVP by email: rsvp.ccs@uleth.ca

Questions? Call 403.317.2845

