

BEFRIEND YOUR BRAIN

A ACT SUPPORT GROUP FOR STUDENTS



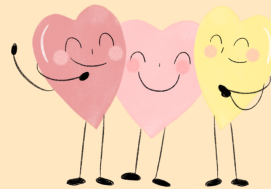
Learn Skills
to handle
challenging
thoughts and
feelings.



Take Steps toward
achieving a more
meaningful life.



Reduce
Stress,
anxiety, and
overwhelm.



Connect with
peers and build a
supportive
community.

LOCATION

Gruening Building Suite 215
UCMHC Clinic



SCAN HERE



Thursdays from
1:00-2:30



From Septmeber
10th-December 10th

Call SHCC for more information:
907-474-7043