



STUDENT HEALTH
AND COUNSELING CENTER

University of Alaska Fairbanks

WEATHERING THE STORM

A ACT SUPPORT GROUP FOR RSS 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

RSS-Brooks Building
Room 108



SCAN HERE



Thursdays from
3:30-5:00 PM.



From Septmeber
10th-December 10th

Call SHCC for more information:
907-474-7043

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