



# 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 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)

Sign up by calling the Student Health and Counseling Center at 907-786-4040

All costs are free.

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