



# Support Groups At GHC

**Tuesdays during GAP period 8:19-9:14 Back of White  
Tent in Quad**

**Study Skills-** Tuesday September 14, 21, 28

**Mindfulness-** Tuesday October 5, 12, 19, 26

**Stress Management-**  Tuesday November 2, 9, 16, 30

**Substance Abuse-** Tuesday December 7, 14

**Grief-** Tuesday January 18, 25

**Study Skills-** Tuesday February 1, 8, 15, 22

**Mindfulness-** Tuesday March 1, 8, 15, 22, 29

**Stress Management-** Tuesday April 5, 19, 26

**Substance Abuse-** Tuesday May 3, 10, 17, 24, 31

