

**STRESSED?  
ANXIOUS?  
OVERWHELMED?**  
*We can help.*



*College can feel overwhelming.*

Between balancing academic and social pressures, financial stress, and planning for the future, it's understandable if you're feeling anxious...but you're not alone.

Join college students just like you, for this 6-week group designed for those who want to learn how to manage anxiety, reduce stress, and feel more in control, while connecting with others who truly understand.

*Because your mental health matters.*

**MONDAYS FROM 6-7PM**  
**STARTING SEPTEMBER 8**

Session dates: September 8, 15, 29, October 6, 13, 20

**JEWISH FAMILY SERVICE OAK PARK**  
25900 Greenfield Rd, Suite 405, Oak Park

*Interested in joining?*

**VISIT [JFSDETROIT.ORG/SUPPORTGROUPS](https://jfsdetroit.org/supportgroups)**

*Questions?*

Contact Geena Koschay at  
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