Creative Reflections

College is stressful! If you would like to learn ways to better manage stress and emotions through prose (write/choose a poem, bring song lyrics, or create some words to share your thoughts/feelings with others), join us to share your concerns and learn strong coping skills!

THURSDAYs
11:00 AM - 12:00 PM
(Beginning 9/7/17)

Student Counseling Center (CAPS)
(Corner of Country Club Rd. & University Blvd.)

Facilitated by: Debra Sloane, PsyD, BCBA & Lauren Goworowski, M.S.

To join this group, contact CAPS at (321) 674-8050 or CAPS@fit.edu