If you are a CSUB student and a survivor of sexual assault or abuse, please join us for a

**Survivors’ Group**

*We will provide a safe and comforting atmosphere where you can listen, learn, and have your voice heard.*

every Tuesday @ 1:00 PM
February 06 – May 08, 2018
Location: Counseling Center
(inside Student Health Services)
RSVP at the Counseling Center 654-3366
Limited seating

RSVP to Janet Millar at jmillar@csub.edu
or the Counseling Center
661-654-3366

You may tred me in the very dirt
But still, like dust, I'll rise.
-Maya Angelou
If you are a CSUB student and find yourself avoiding social situations (even when you want to socialize), please join us for

**BUILDING SOCIAL CONFIDENCE**

A group to help improve your social interactions

We will provide a safe and supportive atmosphere where you can identify fears related to social interactions, reduce self-defeating coping patterns and develop social skills.

**every Monday, 3:00-4:00 pm**
**January 29 – May 07, 2018**

Location: Counseling Center
(inside Student Health Services)

RSVP to Janet Millar at jmillar@csub.edu
or the Counseling Center
661-654-3366

Limited seating