



## ROAD TO RESILIENCE ONLINE

Wednesdays from 1:30-2:30 pm starting Oct 7th

To register, email [counsel@unb.ca](mailto:counsel@unb.ca)

This group will be open to students experiencing a range of common difficulties such as anxiety, depression, stress and interpersonal challenges. The group will operate from a strength-based lens with a focus on belonging and resilience.