



TRAILBLAZERS: A Road to Resilience Group

Online - Wednesdays from 1:30-2:30 pm starting Feb. 24th

Are you a first-generation student? UNB Counselling is offering a wellness and therapy group just for you. As part of our *Road to Resilience* program, this group will delve into a variety of topics related to mental health, all while keeping a focus on the particular experiences of first-generation students.

To register for this 8 week group, email counsel@unb.ca and include your name, student number, phone number & email address.