

Creative Coping

For more information or to register, email counsel@unb.ca with your name, student number & phone number

Creative Coping is an 6-week group for students looking for alternative ways to improve their mental health, manage problems and connect with others.

Using a variety of art therapy techniques such as painting, art journaling, collage and mixed media, students will develop coping skills to help manage life's difficulties.

This experiential therapy group requires no background or skill level in art!

This group is offered by UNB Counselling Services & open to UNBF/STU students.



**Fridays from
10:30-12:00 noon
starting February 9th**

**Group Room,
Counselling Services**

