



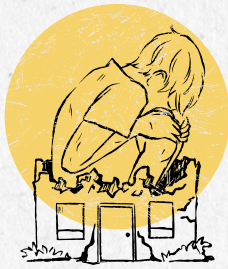
STUDENT HEALTH AND WELLNESS CENTER

Medical • Counseling • Health Promotion and Advocacy

You a**Re** not **Alone**

A mental health support space for Resident Assistants
facilitated by former members of Residence Life.

Potential topics:



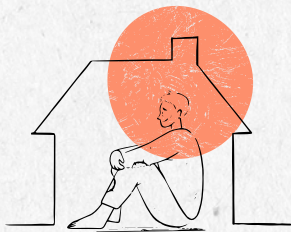
Perfectionism



Staff
Dynamics



Burnout



Compassion
Fatigue



Balance



Boundaries

Join us:
Wed 3 - 4:30pm
Sandburg

If interested, scan the QR code and fill out the survey.
Date, time, and location will be based on majority
availability.

