

# *Coping with College*

*Led by*

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**Starting**

December 3, 2020

Thursday's at 9:30 AM

- Do you feel isolated in your dorm or apartment?
- Is it hard to meet people on campus?
- Do you struggle trying to balance social distancing in a college lifestyle?



**Session flexibility!**

Can't join one week? That's okay! You're only making a commitment 1 session at a time.



**\*Parents, please do not sign up your college student without their permission\***

**Join us for a virtual support group with likeminded peers to talk about what your experience has been so far this year at school. This is an open forum for you to express yourself and feel validated that you are not the only one feeling so in the dark during first semester. Along the way, we will be providing helpful strategies and coping skills to help you manage these feelings and overcome these hurdles in a socially distanced world. There are solutions and we are here to help you find the right ones for you!**