The past year has been difficult for many of us, how can we move forward to embrace the present and look forward with hope? Join this supportive group where you can learn and practice strategies to feel calm, positive, and hopeful! Four weekly meetings will be with your peers who also seek a renewed sense of emotional health!

We will:
- Identify new skills you learned over the past year?
- Learn about Acceptance and its Benefits
- Learn the Benefits of Gratitude
- Learn How to Practice Gratitude
- Share successes

Space is limited to 10 participants. Sign up now to reserve your space. https://ysu.edu/student-counseling-services

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