

INTERNATIONAL COMMUNITY VOICES

A support group for international students interested in learning strategies for managing stress and developing coping skills related to acculturation, homesickness, loneliness, academic distress, language difficulties, and discrimination.

FALL 2020 SCHEDULE

September 10 (Thursday) 1-2:30pm

- *Navigating Uncertainty and Stress Related to COVID-19*

September 24 (Thursday) 1-2:30pm

- *Creating a Self-Care Routine*

October 22 (Thursday) 1-2:30pm

- *Creating Genuine Connections*

November 5 (Thursday) 1-2:30pm

- *Developing Stress Management Skills*

To sign up, use this link: <https://bit.ly/2Ybz9Wx> Or Scan the QR code



Contact Barnes Center at the Arch-Counseling for questions

315.443.8000