COLONIAL HEALTH CENTER
COUNSELING & PSYCHOLOGICAL SERVICES
PRESENTS:

First Gen
First Step

Wednesdays | 3 - 4 PM EST
Beginning on November 4
go.gwu.edu/FirstGenFirstStep
Password: CAPS

CAPS is excited to provide 1st generation students with a brave and supportive space to discuss the many challenges associated with being a 1st generation undergraduate student. This space is for 1st generation undergraduate students of all identities who are learning to manage a variety of general concerns, along with other unique concerns related to being a 1st generation student. Groups are led by a CAPS therapist, and participants are welcome to discuss issues related to college adjustment, financial challenges, family support, imposter syndrome, stigma, break-away guilt, challenges related to disparities in race, ethnicity and class and more.