

COLONIAL HEALTH CENTER  
COUNSELING & PSYCHOLOGICAL SERVICES  
PRESENTS:

# ***First Gen First Step***

Wednesdays | 3 - 4 PM EST  
Beginning on November 4  
[go.gwu.edu/FirstGenFirstStep](https://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.**

**COUNSELING AND PSYCHOLOGICAL SERVICES**

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