

Counseling and Psychological Services

Adjusting to the New Normal

Fall 2021 | Tuesdays 12:00-1:00 PM

This is a 1-hour long virtual support group open to GW undergraduate and graduate students that will be accepting new members throughout the semester. This group will focus on discussion of common challenges and concerns students face in adjusting back to on campus learning/living. Common concerns include social anxiety, relationship struggles, issues with motivation, differing expectations and boundaries around COVID, and grief.

To find out about registration, please consult with a CAPS clinician regarding referral. Once registered, you are welcome to join this free group using the link that will be provided to you. You must be physically located in the DMV area to join this group.

Should you have any questions or need accommodations please contact counsel@gwu.edu

Zoom link will be provided by the facilitator.

COUNSELING AND PSYCHOLOGICAL SERVICES

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