Get exclusive thoughts on making the most of your time at GW, how to be successful & more!

FEBRUARY: 11, 18, 25 & MARCH 3, 10, 24
7:30PM - 9PM
THURSTON HALL - 1ST FLOOR TV LOUNGE
1.5 HR SESSIONS

Thrive @ GW is a 6 week program for first-generation college students.

The well-being program is built on a foundation of mindfulness, self-care, resilience, and happiness. If you have ever had a personal or academic setback, such as receiving a low grade, THRIVE will show you how to learn from the challenges you face and how to move forward.

Each weekly session is 90 mins and includes snacks!

REGISTER NOW AT GO.GWU.EDU/THRIVE