



GROUP COUNSELING

# DAC Support Group

Looking for a personal growth support group of individuals with similar challenges to you? This supportive counseling group is tailored exclusively for students at the Disability Access Center (DAC). Aims to empower neurodivergent students to navigate challenges and embrace their authentic selves.

- FOSTER SELF-AWARENESS
- EQUIP HEALTHY COPING SKILLS
- PROMOTE SELF-COMPASSION
- EXPLORE AUTHENTICITY AND VALUES
- CULTIVATE SUPPORTIVE COMMUNITY
- PEER ADVOCACY AND COMMUNICATIONS SKILLS
- NAVIGATE SELF-TALK
- SOCIAL INTERACTIONS
- LEARN COPING MECHANISMS AND RESILIENCE

---

Center for Counseling &  
Diagnostic Services (CCDS)  
Eureka Hall 421

Friday at 2:30pm - 3:20pm

**FREE!**

March 29th	April 26th
April 5th	May 3rd
April 12th	May 10th
April 19th	



EMAIL [PSYC-GRAD76@CSUS.EDU](mailto:PSYC-GRAD76@CSUS.EDU) & SCAN QR TO SIGN-UP