

EMPOWER HER



Support Group for Black Women

A safe space to discuss life's challenges and triumphs.

**DATES: 3/8, 3/15, 3/28, 4/4, 4/11, 4/18,
4/25, AND 5/3**

TIME: 7:00 PM

**LOCATION TO BE PROVIDED
QUESTIONS? CONTACT: PSYC-
GRAD63@CSUS.EDU**

Join our 8-week CBT Support Group for Black Women!

Navigate depression, anxiety, and identity-related challenges with guided sessions. Acquire coping skills, address stressors, confront stereotypes, and process trauma in a supportive environment. Connect with empathetic peers and prioritize your mental well-being.

Reserve your spot using the QR code today!