

Disability Support Group

~All About Wellness~



Leaders:
Deborah Genito, LCSW
and
Nancy Hermanson

Tuesdays
5:00—6:30 PM

Start Date: TBA

Provided as a free service to regularly enrolled students at CSU, Chico.

For more information on this and other groups being offered the fall 2009 semester, come by our office and make an appointment for a group interview with the group leader.

In this group you will learn ways to reduce stress and enhance your overall well-being. Come and join us for a new topic every week as we discuss the eight areas of wellness. The group will feature a different guest speaker each week, so feel free to join us for as many groups as you like. Look for the topic of the week in student announcements!

Counseling & Wellness Center
Student Services Center 430
530-898-6345
www.csuchico.edu/counseling