WELLNESS WEDNESDAY

JANUARY 13TH
WITH CAN COMMUNITY COUNSELOR, TRACY THOMAS

Come to this Support Circle to
Connect with Community as well as
Learn To:

• Reduce feelings of overwhelm

• Gain tips on how to stay productive when your mind is distracted

• Connect and discuss your feelings with fellow students

• Develop interpersonal skills to advocate for yourself

• Managing your time and reduce procrastination

• Talk to your support system about needs and boundaries

Zoom Meeting ID: 956 4641 1416
Passcode: 852378

For any additional wellness questions contact:
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