

# Need Help Coping?

## *Try our Therapy Support Group*

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**WHEN:** Every Wednesday starting  
January 25th 3:00 p.m. - 4:00 p.m.

**WHERE:** Lyle Hall - 2nd Floor in  
**Conference Room 5**

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Contact Andrea at  
[Andrea.Baker@millersville.edu](mailto:Andrea.Baker@millersville.edu)  
for more details

This is an open group to all MU students to receive support from Counseling Center psychologists and fellow students. Students will learn helpful ways to cope with depression, anxiety, relationship problems, and personal challenges.

