

Schedule for Peer Led Mutual Aid Support Group Sessions

Topics	Dates & Time
Academic Stress	April 14, 2021: 10:00 am– 11:00 am April 15, 2021: 10:00 am– 11:00 am April 16, 2021: 1:00 pm – 2:00 pm April 22, 2021: 5:00 pm- 6:00 pm April 28,2021: 5:00 am– 6:00 am April 30,2021: 5:00 pm – 6:00 pm May 6, 2021: 10: am – 11:00 am May 12, 2021: 5:00 pm – 6:00 pm
Isolation/Loneliness	April 14, 2021: 5:00 pm- 6:00 pm April 21, 2021: 10:00 am– 11:00 am April 22, 2021: 10:00 am– 11:00 am April 23, 2021: 5:00 pm- 6:00 pm April 29, 2021: 10:00 am– 11:00 am April 30,2021: 1:00 pm – 2:00 pm May 5, 2021: 10:00 pm – 11:00 pm May 7, 2021: 5:00 pm- 6:00 pm
Stress & Anxiety	April 15, 2021: 5:00 pm- 6:00 pm April 16, 2021: 5:00 pm- 6:00 pm April 21, 2021: 5:00 pm- 6:00 pm April 23, 2021: 1:00 pm – 2:00 pm April 28,2021: 10:00 am– 11:00 am April 29, 2021: 5:00 pm – 6:00 pm May 5, 2021: 5:00 pm- 6:00 pm May 6, 2021: 10:00 am– 11:00 am May 7, 2021: 1:00 pm- 2:00 pm May 12, 2021: 10:00 am– 11:00 am