



Let's Talk About It

Mildred Elley Student Support Groups

- Learn **coping mechanisms** for stress & anxiety.
- Gain **support** from peers with common experiences.
- Share **strategies** for time management & success in school & work.

Fridays

12-1pm (Day)

➤ *Click to join TEAMS mtg*

Tuesdays

4:30-5:30pm (Evening)

➤ *Click to join TEAMS mtg*



Contact the ASAP team with questions:

ASAPcounseling@mildred-elley.edu



ACADEMIC SUPPORT AND PROFESSIONALISM