

Just when you need it most



*A Support Group created
just for you!
Meet other AVC students in
a relaxed atmosphere,
designed to help you grow
and be all you can be.*

Facilitator: Dr. De'Nean Coleman-Carew

Personal Development Group Topics:

- ✓ Assertiveness
- ✓ Coping Skills
- ✓ Self-Esteem
- ✓ Stress Management/Relaxation
- ✓ Meditation/Breathwork
- ✓ Parenting
- ✓ Rational Thinking
- ✓ Relationships
- ✓ _____ You fill in the blank here

**Every Tuesday
5:00 p.m. – 7:00 pm**

All AVC Students Welcome – Walk-in – No Appointment Necessary

Antelope Valley College Counseling Center
Student Services Building, SSV 108
661-722-6300, ext. 6338

Every Tuesday 5:00 p.m. - 7:00 p.m.