



Mental Health and Wellness Center



Pride Center

Come together to explore and discuss your identities in a safe and welcoming and confidential environment. Group is for those who may be questioning their sexual and/or gender identity and would like support, and for those who may feel clear in their identity and would like support navigating a cis-/heteronormative atmosphere. Group will have a flexible structure, free food, and help you explore and gain sight on topics including but not limited to:

- Sexuality
- Gender Identity
- Culture
- Relationship Stress
- Anxiety
- Depression
- Academic Stress
- Loneliness
- Life Balance
- Microaggressions
- Future Goals

Every Thursday from 2 PM to 3 PM

Join us in person at The Pride Center