



# Women's Support Group

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***This group is offered for female students who wish to come together to:***

- Share the challenges and struggles of being a grad student
- Discuss ways to balance school & personal life
- Discuss relationship issues with advisors, peers and/or partners
- Discuss your “imposter” feelings
- Increase self-confidence
- Develop connections with women outside your program

**Time:** Thursdays 6:30 – 7:45pm  
**First Meeting:** February 13<sup>th</sup>  
**Location:** Contact Dr. Wallace or Student Health

For more information about this group visit: <http://www.csum.edu/web/health-services/groups-and-workshops> Or, contact Dr. Ian Wallace 707-654-1174 or [iwallace@csum.edu](mailto:iwallace@csum.edu).  
Intake forms available at: <http://www.csum.edu/web/health-services/forms-and-documents>



CAL MARITIME

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Student Health Services

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<https://www.csum.edu/web/health-services/counseling-services>