

## Stress Management Group for International Students



*This free and confidential discussion group not only helps you develop stress management skills, but also provides a space where you can talk about daily struggles and the challenges of living far away from home.*

- When:** Mondays 4:30-6:00pm, starting **9/14/09**
- Where:** Counseling and Psychological Services  
(SHCC-East)
- Facilitator:** Ya-Shu Liang, Ph.D. (Counselor from CAPS)
- How to join:** Email Ya-Shu at [yliang@fullerton.edu](mailto:yliang@fullerton.edu) or call (657) 278-3040 to sign up.

- Not sure if this group is right for you? Email Ya-Shu with your questions or concerns.
- Want to talk, but not in a group setting? Check out other services at CAPS. Search CAPS on Cal State Fullerton website.



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