Everything New Again: A Group for International Students

Tuesdays at 4pm, at Brandeis Counseling Center
Starting on January, 31st, 2017

Join Aileen Lee, Psy.D. and Laeth Al-Hamdouni, M.A. to learn ways to cope with adjusting to your new cultural environment, and calm your worrying thoughts.

Topics may include, but not limited to: worries regarding academic performance, language barriers, cultural differences and experiences of being far away from home, and making new friends from other cultures.

The group will also help you get to know friends whom you would normally not get a chance to meet.