free and confidential
groups and workshops

Spring 2016

Connections: International Student Discussion
Secrets of Intercultural Friendships
Let’s Talk: Students of Color Support
Developing a Healthy-Relationship with Food and Your Body
Anxiety and Stress Reduction
Survivors Support
Returning Students Relationships
Coping with Loss
Pause for Paws
Yoga for Survivors
Bipolar Disorder Support

life happens
talk helps 617.627.3360

Tufts Counseling and Mental Health Service
120 Curtis St. Sawyer House, Medford MA 02155