Looking for a **virtual** social outlet? Interested in learning about yourself and others through engaging conversations? Take advantage of this opportunity to discuss wellness-related topics such as creating healthy relationships, stress management, mindfulness, self-care, and more - suggestions encouraged!

This group is now held online via WebEx. **Every Thursday, 1:00-2:00pm**, organized and facilitated by Raiza Felicitas, Senior Academic Counselor.

Open to all BHCC students.

*For questions e-mail raiza.felicitas@bhcc.edu*