



COLLEGE IS MY OPPORTUNITY!

Helping 1st Generation Students make their college dreams a reality!

HOW TO THRIVE IN COLLEGE

Join the San Diego City College Mental Health Counseling Center

Who: 1st Generation College Students

What: Support Group

When: Thursdays 2:30-3:30 pm, starting February 23rd

Where: BT 309

How: Just drop-in!

Possible Topics:

- **DACA Concerns**
- **Empowerment**
- **Support**
- **School & Family Pressure**



- **Managing Stress**
- **Time Management**
- **Professor Feedback**
- **Reaching Your Goals!**

**For more info please call 619-388-3055 or email
citymhcc@sdccd.edu**

SAN DIEGO CITY COLLEGE