



***Please Join the GCC Health Center's  
Online Support Groups***

***First-Generation College Students***

Mondays, 12:30pm-1:30pm

Discuss stressors, and make positive and impactful changes  
in successful pursuit of your degree!

Zoom ID 804 462 698

Join Zoom Meeting

<https://us04web.zoom.us/j/804462698>

***Connection in Isolation***

Tuesdays, 12:30pm-1:30pm

Connect with other students while learning strategies for self-care and  
stress management.

Zoom ID 757 974 1644

***Stress and Anxiety Support Group in Farsi***

Wednesdays, 6:00pm-7:00pm

Zoom ID 744 1951 4543

***Stress and Anxiety Support Group for Armenians***

Wednesdays, 7:00pm-8:00pm

Quarantining in an Armenian household.

Zoom ID 787 0810 7717

Join Zoom Meeting

<https://us04web.zoom.us/j/78708107717>