

UCLA STAFF & FACULTY COUNSELING CENTER

Is offering a 3 week educational support group on **CHANGE**. We will provide information, tools and support on how to manage change and build resilience.



“Change brings Opportunity”

DATES: July 14th, July 21th & July 28th

DAYS: Fridays

TIME: 12 noon – 1:30pm

LOCATION: Staff & Faculty Counseling Center
UCLA Wilshire Center
10920 Wilshire Blvd, suite 380

**WE WILL PROVIDE
INFORMATION &
SKILLS RELATED TO**

CHANGE:

IN THE WORKPLACE

PERSONAL LIFE

HOW TO BUILD
RESILIENCE

*If you are interested in participating in the group, please contact the Staff & Faculty Counseling Center; space is limited.
(310) 794-0245 or
cayrapetyan@chr.ucla.edu*