rise

A CONFIDENTIAL, DROP-IN SUPPORT SPACE FOR SURVIVORS OF SEXUAL & RELATIONSHIP VIOLENCE

THURSDAYS FROM 1 - 2:15PM VIA ZOOM

\ 'rīz\ \ verb

to come into being: ORIGINATE
to be present with healing
February 4 - 18

to respond warmly
to embrace the self
February 25 - March 11

to exert oneself to meet a challenge
to avoid avoidance
March 18 - April 1

to become heartened or elated
to open up again
April 1, April 8 + April 22

to move upward: ASCEND
to cope ahead for challenges to come
April 29 + May 6

TO GET CONNECTED:
EMAIL DR. MARY JOYCE JUAN AT PSYCSERV@SDSU.EDU

OPEN TO SDSU STUDENTS OF ALL GENDERS

JOIN US IN APRIL FOR...
RISE - TAKE BACK THE WEEK 2021
THURSDAY, APRIL 15 FROM 1-2:30PM
EMAIL FOR MORE INFO