

# Holidays + Exams = Students in Distress

## Columbia's Psychological Services is here to help!

**The holidays can be a source of relaxation and relief but also create conflicts and distress. Please join Dr. Victoria Grosso and Dr. Andrew Colitz in a support group to help students share their experiences and manage their well-being during the holidays.**

**When:** Friday, December 5, 2014

**What time?** 1:00 - 2:00 p.m.

**Where:** Sherman Fairchild Center, Room 601B

**Facilitated by:** *Dr. Victoria Grosso (vg2107@columbia.edu) and Dr. Andrew Colitz (ac3844@columbia.edu), clinical psychologists with Columbia Health, Counseling and Psychological Services.*

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