



FIRST GEN AND PROUD

"First to Finish" Support Group

Thursdays at 1p.m.-2:30p.m.
Come share your thoughts on:

- Juggling multiple responsibilities
- Redefining roles & family expectations
- Creating healthy boundaries with your family & friends
- Confronting the impostor syndrome...is college really for me?
- No one told me #Adulting is hard



Support group is provided by Asian Pacific Counseling and Treatment Centers



Special Service for Groups

If disability accommodations (e.g. communications access, alternate formats) are needed to participate fully in this event, please submit your request to AccommodationsRequest@cerritos.edu within seven days in advance of the event.

Interested? Sign up at:

<https://tinyurl.com/CerritosCollegeFirsttoFinish>