

- **feeling lonely?**
- **Having a hard time making friends?**
  - **Anxious in social situations?**
- **Have a hard time finding support?**
- **looking to improve communication?**

**Then we have the place for you!**

## ***Creating Connections***

**A new group for any student wondering  
about ways to change their social outlook**

**Where: CAPS, 182 High Street**

**When: Wednesdays from 3-4pm**

**Call CAPS at 860-465-0181 or email**

**betzg@easternct.edu for more info**