



# GETTING UNSTUCK

Open to all CWRU, CIA, CIM and KSU  
Podiatry students regardless of where you  
currently reside.

Getting Unstuck is a fast-paced, 3-session  
seminar intended to help increase your  
understanding and knowledge about  
depression. The goal is to provide you with  
some skills to recognize and manage  
symptoms you may be experiencing.



Must attend all three sessions  
for a list of days/times visit our website.

Zoom link sent after registration

<https://bit.ly/CWRUgettingunstuck>



DIVISION OF  
STUDENT AFFAIRS

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University Health  
and Counseling Services