



CPS

Fordham
University
Counseling &
Psychological
Services

counselinglc@fordham.edu

★ First Year Students

NAVIGATING

ADULTHOOD

SUPPORT GROUP

Adulthood can feel overwhelming, but you don't have to figure it out alone. This group offers a supportive, nonjudgmental space to share experiences, gain insights, and build confidence through the ups and downs of growing up.

Thursdays @ 4 PM
Lincoln Center, Room G-02

Weekly