Joining a student discussion group can make all the difference.

**DROP IN EVERY TUESDAY**

12:30 PM - 1:45 PM | UCC 369

October 2nd to December 4th
*No Session on October 9th
(Come to as many or as few sessions as your schedule allows)

**Talk About Life in Canada**

- Staying healthy
- Making new friends
- Adapting to life in Canada
- Managing change and stress
- Finding resources to achieve your academic goals

**International Student Discussion Group**

**DISCUSSION TOPICS INCLUDE**

**Joining in as you adjust to your new surroundings.**

If you are interested in discussing and sharing experiences about living and studying in a new culture, then this weekly group may be for you.

**TALK (Talking about Life in Canada) is organized by:**
The International and Exchange Student Centre and The Student Development Centre