



# AS | AM

## MORE THAN A MEDICAL CONDITION SUPPORT MEETING

11 AM - 12 PM | MONDAYS, AUG 31ST- DEC 7TH

**Zoom Link: 963-1399-0965 | Password: AsIAm**

A welcoming space for students who are dealing with medical challenges that are ongoing/chronic or have a significant impact on their life. Conditions do not have to be visible and individuals can be in any stage (struggling with a diagnosis, recently diagnosed, in remission).

This is an opportunity for participants to:

- Build community,
- Share coping strategies in a safe, friendly environment,
- Give and receive support for the challenges of living with a chronic condition.

**Please have writing materials available!**

Call Mental Health Counseling at 619-388-3055 or email [citymhcc@sdccd.edu](mailto:citymhcc@sdccd.edu) for more info and to request any accommodations.

