

A photograph of a student with long brown hair, wearing a red t-shirt and dark jeans, sitting on a black chair at a wooden desk. She is writing in a notebook. On the desk, there is a small round mirror, a lamp, and some books. To the left is a wooden dresser with various items on top. To the right is a bed with a grey and yellow blanket. A row of shoes is lined up on the floor under the bed. A window with a black frame is in the background, showing trees outside. The room has a warm, cozy feel with soft lighting.

SETTLING IN

**ADJUSTING TO MARIST? YOU'RE NOT ALONE!
COME TOGETHER, GET & GIVE SUPPORT!**

WEDNESDAYS 1/21 TO 2/18

11AM - 12PM

MIDRISE 113

NO SIGN UPS REQUIRED!

FOR MORE INFO: 845-575-3314 OR EMAIL COUNSELING.SERVICES@MARIST.EDU