

Navigating the Sometimes Baffling Social World

Feeling awkward in a group
of people like *(sips soup)*



Image source: Disney +

Check out this virtual skills group at CAPS.
Biweekly on Thursday afternoons

Work on these & more:

- Interactions with roommates/classmates
- Meeting others & building relationships
- Tricky social situations on campus

A pre-group appointment is required, contact:

Dr. Meredith Maroney, mmaroney@albany.edu

Counseling and Psychological Services

(518) 442-5800



**S T U D E N T
A F F A I R S**