Joining a student discussion group can make all the difference.

**DROP IN EVERY TUESDAY**

12:30 PM- 1:45 PM | UCC 371

**Talk About Life in Canada**

Being an international student can be an exciting and life-changing experience.

There are many new things to discover 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.

**October 3rd to Dec 5th**

*No Session on October 10th*

(Come to as many or as few sessions as your schedule allows)

**International Student Discussion Group**

**DISCUSSION TOPICS INCLUDE**

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

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