YorkU Graduate Student Wellness Initiative

The Wellness Club is a new initiative that aims to create a space and a conversation that advances student well-being.

On **Wednesday, February 13th from 3:00-4:30** we will be holding a workshop to discuss 'Impostor Syndrome': a feeling commonly experienced by graduate students, but often kept quiet because of the shame associated with it. We want to bring this issue into the open, and discuss amongst ourselves how we cope, how we adapt, and how we can overcome.

There will be snacks, laughs, and good company. We hope to see you all in the **YUGSA Conference Room, 430 Student Centre**.

If you would like to attend, **please RSVP at hamelk@yorku.ca**. We hope to see you there!