

Understanding Myself and Others

This group will focus on...

- *Interpersonal relationships**
- *Giving honest and direct feedback**
- *Giving and receiving support**
- *Social interactions**
- *Stress, depression, anxiety, academics, etc.**
- *Sharing common experiences**
- *How my family of origin influences me**



**Thursdays 3:00-4:30pm
Beginning in September 2010**

**Facilitators:
Tripti Bhaskar & Stefani Hathaway**

**You must meet with the group facilitators before joining.
Interested? Call us at 419-372-2081
or visit the Counseling Center in College Park Office Building.**