



UNDERSTANDING OURSELVES & OTHERS

**FACILITATOR: VICTORIA SMITH, LCSW
LICENSED CLINICAL SOCIAL WORKER**

This group is for any undergraduate or graduate students who are interested in learning about their relationships with themselves and with others. The goal of this group is for members to gain awareness about their interpersonal patterns in relationships, improve the quality of their relationship with themselves and others, and increase self-awareness and compassion.

This group will also provide education to group members on development of skills for conflict resolution, interpersonal effectiveness, and effective communication. Members will have safe and supportive environment that will allow them to practice new skills, enhance their relationships and receive support and feedback from other group members.

Starts: Week of Sept 24th
Meets: Thursdays @ 4:00 pm
Loop Campus

Want to Sign Up?
Scan the QR code & Click
"Book a Group Screening"

