Group Counseling Sessions
Spring 2019
Hosted by UHC Counseling & Psychiatric Services

GRADUATE STUDENT GROUP
Mondays from 3:30-5pm
Areas of focus may include: addressing difficulties related to imposter syndrome and/or perfectionism, finding a work–life balance, and reducing a sense of isolation tied to graduate school challenges.

INTERPERSONAL PROCESS GROUP
Tuesdays from 11:00am-12:30pm
Wednesdays from 3:30-5:00pm
Thursdays from 3:30-5:00pm
Want to improve relationships? This group focuses on learning how you interact with others, practicing new ways of behaving, and receiving valuable feedback from others.

LIFE OF HARMONY
Tuesdays from 3:30-5:00pm
This group will help students regulate their emotions, cope with stress, build healthier relationships, and begin to learn to live in the present with a non–judgmental perspective.

MINDFULNESS
Wednesdays from 3:30-5:00pm
This group will focus on increasing self–awareness, identifying patterns and thoughts which no longer serve you, and the practice of being more in the present moment.

HEALING AFTER LOSS
Thursdays from 3:30-5:00pm
A group for those who have lost a loved one – family or friend.

Call CAPS to register: 706.542.2273
More info: www.uhs.uga.edu

University Health Center
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