GRADUATE STUDENT SUPPORT 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.

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

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.

MINDFULNESS
Wednesdays from 4:30-6:00pm
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.

LIFE OF HARMONY
Thursdays 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.

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