



# Women and Relationships

Fall Semester 2019  
Wednesdays, 10:30 – 12:00 or  
Thursdays, 10:00 – 11:30

This group is intended for women who want to improve their relationship with themselves and their relationships with others.

This group will focus on:

- Your relationship with yourself (self-esteem, self-confidence)
- Self-compassion and being kind to yourself
- Having more satisfying relationships with other people (including other women)
- Reconnecting with your feelings
- Identifying your needs and how to get those needs met

Anyone interested in participating in this group should contact Counseling & Wellness Services, 775-3407.