



Spring 2024

NAVIGATING RELATIONSHIPS THERAPY GROUP

Are you concerned about your relationships? Social anxiety? Family issues? Asking for what you need? Figuring out who you are? These weekly groups will offer a safe, confidential place to discuss these issues with other students. The leaders will facilitate group discussions to help participants better understand themselves and their relationships with others.

Monday 1:00 PM – 2:30 PM:

Co-Facilitators: Bree Gould, PsyD & Anna Youhouse, MA

Tuesday 4:00 PM – 5:30 PM:

Facilitator: Michele Cooper, LCSW and Josh Smith, LPC

Wednesday 2:00 PM – 3:30 PM:

Co-Facilitators: Allison Palmer, PsyD & Mara Cash, EdS

All group sessions meet weekly in the Counseling Center.
Stop by Lawrence Suite 241 or call 610-436-2301 to sign up!