



UNDERSTANDING SELF & OTHERS

Weekly process group for undergraduate students

Join us to:

- Build intimacy with others through mutual vulnerability
- Experiment with different ways of interacting with others
- Receive feedback, so you can know how you impact others
- Give feedback, so you can learn how to better communicate your reactions, feelings, and thoughts.

**FRIDAYS 11:00 - 12:30 PM,
IN-PERSON**

For more information, please contact
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