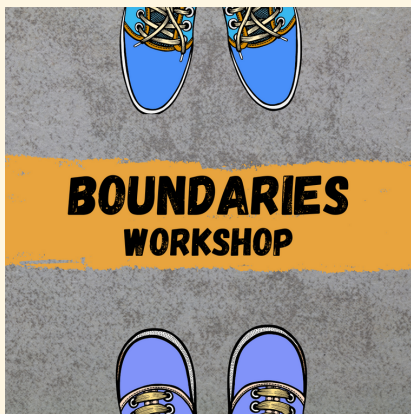


# Student Counseling Services

# Group Counseling



**Boundaries Workshop** is ideal for those who struggle with decision making, people pleasing, self-identity, interpersonal/social functioning, conflict resolution, and assertiveness.

Meets **Wednesdays 3 – 4:30 p.m.**



**CBT Anxiety** is ideal for students who are experiencing physical or cognitive symptoms of anxiety.

Meets **Wednesdays 1 – 2:30 p.m.**



**Understanding Self and Others Process Group** is for students dealing with a variety of concerns (depression, anxiety, stress, relationship struggles, etc).

Meets **Thursdays 1 – 2:30 p.m.**

**\*Enrollment required. Ask the front desk for details or email [counseling@usm.edu](mailto:counseling@usm.edu).**