

Healthy Relationships and You

Health and Counseling Services Office, Student Success Center, Room 0222

Facilitated by: Jessica Ulrich, MSW, LCSW and Sydney Greenwalt, BA



- Explore aspects of relationships
 - Improve assertiveness skills
 - Improve communication skills
- Discuss how to develop and maintain healthy relationships with friends, co-workers, and partners. Assertiveness, self-esteem, boundaries, and codependency are discussed.
- The group is used to get feedback from others on your relationship patterns.

A screening process is recommended prior to joining the group. Please call Counseling/Health Services at 650-2842 for more information on times offered and if you are interested in joining.

As Group Therapy is not an appropriate mode of treatment for everyone, Group Facilitators will speak with potential members about more appropriate modes of treatment if necessary.