

SPONSORED BY COUNSELING & PSYCHOLOGICAL SERVICES

Courage, Compassion, Connection!

Based on renowned researcher Brené Brown's work, this group aims to help you cultivate courage so you can be emotionally honest with yourself and others, set boundaries, and allow yourself to be vulnerable. You will also increase your connection to others and nourish a resilient spirit. In embracing who you are rather than who you think you should be, you will grow in compassion toward yourself and others!

THURSDAYS

2:00 - 3:20 PM

All groups require a pre-group appointment with the group leader. Call or stop by to schedule yours today (909) 537-5040.



If in need of a disability-related accommodation to participate in these programs, please contact Counseling and Psychological Services three working days in advance at (909) 537-5040 or psychcounseling@csusb.edu