

Understanding Self & Others Group

The goals of this group are to provide you with a safe and supportive environment to learn more about yourself and the ways you relate to others, to share personal experiences, to practice new ways of connecting and to receive support and feedback.

WEDNESDAYS
12:15 - 1:30 PM

For disability-related accommodations, please contact Counseling and Psychological Services three working days in advance at (909) 537-5040 or psychcounseling@csusb.edu

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