The goal of this group is to provide a safe place for group members to share experiences related to an array of interpersonal topics including:

- social anxiety and isolation
- exploring how your background and upbringing affect your relationship
- talking about barriers that keep us from reaching out
- feeling distant from others
- pressure to meet others’ expectations
- asserting boundaries
- self-care

Find new ways to understand yourself and your relationships by gaining perspectives from other group members. Experience an opportunity to practice new, more engaged ways of relating to others, including giving and receiving support.

The various topics focused on in group are identified by group members. While being authentic is valued in group there also is respect for each person’s readiness to take risks with personal sharing.

This group is open to undergraduate students of all genders. Groups form at the beginning of each quarter and meet **Wednesday afternoons, 3:30-5:00 p.m. at the Counseling Center**. **All students who are interested in this group will need to schedule a pre-group screening.** Contact: David Slagle, dslagle@uw.edu

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