Cope & Thrive Group

This group is like a workshop, and teaches you how to manage interpersonal relationships and communicate more effectively. You can learn skills within:

- Mindfulness & relaxation techniques
- Assertiveness and setting boundaries
  - Building positive relationships
  - Emotion management & coping
- Making adaptive behavioral decisions

Who: Open to all UW students
What: Interpersonal Effectiveness Workshop
When: Fall ’16, Thursdays from 1pm-2:30pm
Where: Counseling Center, 401 Schmitz Hall
Facilitators: Scott Shiebler, PhD & Caitlin Stanaway, PsyD
Other details: Group will meet for six sessions, dates TBD
Next steps: For an informational session to determine if this group is right for you, call 206-543-1240 or email stanac@uw.edu