

# **NAU Counseling Services**

## **Counseling Groups for Spring 2017**

All groups require a pre-group Initial Assessment prior to joining. Please call (928) 523-2261 to schedule an Initial Assessment or for more information. Cost for group is \$5 per session with a 4 group minimum commitment.

Because many issues revolve around difficulties in relationships, group counseling can be an effective way to create positive change. NAU Counseling Services offers a number of groups throughout the semester.

### **UNDERSTANDING SELF AND OTHERS GROUPS**

#### **(USO GROUPS)**

Group members discuss their patterns and history of relating to others with the aim of understanding themselves as well as other group members, and ultimately, improving current and future relationships. Issues discussed may vary widely such as anxiety, depression, family issues, relationships and abuse. These groups can provide a time to get different perspectives on many issues as well as receive support from other members.

- Start dates will be determined as groups are filled:
  - Mondays, 1:00pm to 2:30pm
  - Mondays, 3:00pm to 4:30pm
  - Tuesdays, 2:15pm to 3:45pm
  - Wednesdays, 11:30am to 1:00pm
  - Thursdays, 3:30pm to 5:00pm
  - Fridays, 9:30am-11:00am