

NAU Counseling Services

Counseling Groups for Spring 2018

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.

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 obtain different perspectives on many issues as well as receive support from other members.

- Start dates will be determined as groups are filled:
 - Mondays, 3:00pm to 4:30pm
 - Tuesdays, 3:30pm to 5:00pm
 - Wednesdays, 11:30am to 1:00pm
 - Wednesdays, 2:00 to 3:30pm
 - Fridays, 9:00am to 10:30am