

A photograph of two young women sitting together and smiling. The woman on the left has long blonde hair and is wearing a light blue denim shirt. The woman on the right has long dark hair and is wearing a green t-shirt. They appear to be in a casual, outdoor setting with greenery in the background.

Understanding Self & Others

at Psychological and Wellness Services

Practice effective **communication skills** and engage in **self-reflection** and acceptance by giving and receiving honest, supportive feedback in a **safe space**. Attending this group therapy option can alleviate loneliness by connecting and relating to peers.

Reserve your spot by emailing uwtpaws@uw.edu. All groups are free and confidential.

