RELATIONSHIP ISSUES
Tuesdays 2-3pm, Starting September 25th
For students interested in learning about themselves and improving their relationships with others.

DEPRESSION AND ANXIETY
Thursdays 2-3pm, Starting September 27th
Find support, create personal change, and connect with others within a safe, confidential, and non-judgemental setting.

FITTING IN
Thursdays 3-4pm, Starting September 27th
“No one is like me.” Do you frequently feel this way? This group could help

Be SMART
Wednesdays 2-3pm, Starting October 10th
Three sessions to learn and practice time management skills.

YOGA SKILLS FOR DEPRESSION AND ANXIETY
Tuesdays 8:15-9:15am, Starting October 16th
Learn skills for managing mood and anxiety. No mat required.

GRIEF
Wednesdays 12-1pm, Starting October 31st
Four sessions for dealing with the holidays when you have lost a loved one.

Please note that groups are for NU students only.
Have questions? Want to register?
Call: (617) 373-2772 option #1 – E-mail: UHCS@neu.edu
All groups are held in the UHCS Conference Room, Forsyth Building, Suite 135