“In the beginning I was terrified... Once I reluctantly did do this group, my whole perspective changed and I learned more than I could have ever imagined.”

“Group helped me feel connected with others not only in therapy, but in every aspect of my life. Group gave me a much needed confidence boost in my interactions with others.”

“Group was a safe space to take risks and experiment social interactions.”

“My experiences in group have made me more accepting of myself and progressing in life.”
Group Counseling helps you to share your experiences with a small group of your peers and 1 to 2 counselors. Group Counseling is as effective and in some cases, more effective than individual counseling. Many clients find that group helps them to feel a greater sense of connection to others and normalizes what they are going through.

Attendance is limited and a group screening appointment is required.

Here are some of our groups...

- GENERAL PROCESSING
- MINDFUL LIVING & COPING SKILLS
- PEER SUPPORT

**POPULATIONS SUCH AS:**
- Graduate Students
- International Students
- First Generation Students
- Culturally Diverse Students (e.g., Black women and LGBTQ+)

**THEMES SUCH AS:**
- Eating Concerns
- Substance Use

Visit counseling.ufl.edu/groups to learn more about CWC Groups current schedules.