General Therapy & Support

Mindful Living & Coping Skills

Specialty

Peer Support

FOR SPECIFIC CONCERNS:
- ADHD
- Trauma
- Body Image and eating issues
- Alcohol and other drugs
- And More!

FOR SPECIFIC POPULATIONS:
- Graduate Students
- International Students
- Culturally Diverse Students
- And More!

VISIT OUR WEBSITE FOR THE CURRENT GROUP SCHEDULE AND TO LEARN MORE ABOUT GROUPS

counseling.ufl.edu/groups
Group Counseling is as effective, and in some cases, more effective than individual therapy.

UF CWC

Groups

“In the beginning I was terrified…”

“Once I did this group my whole perspective changed…”

“I learned more than I could have ever imagined.”

“Counselors provide a safe space to take risks and experiment social interactions.”

CALL TO ARRANGE A BRIEF CONSULTATION

352-392-1575
counseling.ufl.edu/groups