



UF CWC Groups



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

FOLLOW US



#UFCWC

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

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