



UF CWC Groups



Understanding
Yourself & Others



Skills & Support



Wellness Support



Peer Support

UF's Counseling & Wellness Center offers a variety of counseling groups that are open to all enrolled students at the University of Florida.

College students are likely to experience a range of interpersonal concerns in their developmental process towards greater independence, intimacy, and personal growth; and counseling groups are a great modality to address these concerns.

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



counseling.ufl.edu/groups

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#UFCWC

Group Counseling is as effective, and in some cases, more effective than individual counseling.

UF CWC **Groups**

"In the beginning I was terrified..."

"Once I did this group my whole perspective changed..."

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

"I learned more than I could have ever imagined."

CALL TO ARRANGE A BRIEF CONSULTATION

352-392-1575

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