Looking for a way to better understand yourself or your relationships?

Join One of UAlbany’s Understanding Self and Others Groups!
Tuesdays 3:15-4:35 OR Fridays 2:15-3:35 pm
University Counseling Center

This group is for students wanting a safe place to talk about...

- Friendship & dating issues
- Anxiety or depression
- Family concerns
- Loss or other life changes
- Stress and coping
- Self-esteem issues

To schedule a pre-group appointment:
Dr. Julie Heslin Pokat/Sasha Lerner M.A.
(518) 442-5800
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