

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

Join the Understanding Self and Others Group!

Fridays, 3:15-4:30 pm

Virtual this semester



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

- Friend or relationship issues
- Family concerns
- Stress and coping
- Anxiety or depression
- Loss or other life changes
- Self-esteem issues

If interested contact leaders:

Dr. Julie Heslin Pokat and
Erga Lemish
(518) 442-5800
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Counseling & Psychological Services



Student Affairs