

Healthy Relationships Counseling Group



This counseling group offers a safe, confidential space to explore the qualities of and cultivate skills towards building healthy relationships



What We Offer:

- Communication Skills
- Managing Conflict
- Emotional Support
- Coping strategies
- Community Connection
- Empowerment



Group Details:

Age group: Adults over the age of 18

Location: TBD

Time: Every Wednesday from 1-2pm starting
March 12th-May 7th

Duration: 8 weekly sessions

Cost: Free

To learn more, please contact:

**Kayla Reynolds & Luke
Zimmerman**

psyc-grad101@csus.edu
916-245-6075

To register:

Please scan the QR code,
which will direct you to a
brief interest form survey.

