



**Are you concerned about...**

**Self-esteem? Social anxiety? Family issues?**

**Relationships? Asking for what you need?**

**Figuring out who you are?**

**Then you might be interested in the...**

## ***Navigating Relationships Group***

### **GROUP OPTIONS:**

\*Call 610-436-2301 or visit  
[www.wcupa/counselingcenter](http://www.wcupa/counselingcenter)\*

**Mondays 1:00 – 2:30 PM**

**Tuesdays 2:00 -3:30 PM**

**Wednesdays 4:00 – 5:30 PM**

**Meet virtually via Zoom**

**Department of Counseling & Psychological Services**

Note: the individuals above are a stock photograph and are not actual group participants