



**Come One - Come All**

## **USM Counseling Groups Now Forming**

**... on a campus near you ...**

### **Women's Group (Portland, Gorham, and LAC)**

Connect with other women; discuss managing healthy boundaries in relationship ...

### **Men's Group (Portland)**

Connect with other men; discuss how to communicate with women; ... and much more ...

### **Grief Group (Portland or Gorham)**

Experiencing a loss in your life? Let us support each other through this difficult time ...

### **Seeking Safety ... For Women Only (Gorham)**

A group for women who have experienced trauma in their past; the focus is to develop improved skills for emotional management ...

### **Group Therapy ... For Men and Women (Portland or Gorham)**

Improve communication and self-awareness ...

### **Contact Brenda - or - Vanessa**

... for more information or to schedule a consultation regarding a group

**University Counseling Services**

**207-780-4050**

Groups will have 4 - 8 participants and will start when the minimum numbers of participants are signed up. Groups are 1 - 1 1/2 hours long; meet for the entire semester; led by a Counseling Center Staff Member and/or Intern. Dates and times will be determined by the participants' schedules. A description of the groups will also be available.