

BETTER RELATIONSHIPS

FALL SEMESTER 2009

Tuesdays
3:00 PM-4:30 PM

Paul Morones, LCSW

START DATE: TBA

Provided as a free service to
regularly enrolled students at
CSU, Chico

For more information on this
and other groups being
offered during the Fall 2009
semester, come by our office
and make an appointment for
a group interview with the
group leader.

Student Services Center
Room 430
898-6345

www.csuchico.edu/counseling



Better Relationships

Purpose:

This group is designed for students who are facing challenges in their interpersonal relationships. The struggles addressed can be with anyone, such as friends, family, or romantic partners.

Goals:

The goals are to increase self-awareness, personal growth, and satisfaction in relationships.

Topics to be covered:

- ♦ *Communication: How effectively do I communicate my needs in a relationship?*
- ♦ *Intimacy: What prevents me from getting close to others?*
- ♦ *Perception: How do I come across to others and is this what I want?*

Discover Healthy Relating

Counseling and Wellness Center
Student Services Center, Room 430
530-898-6345

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