

# BETTER RELATIONSHIPS

**SPRING SEMESTER 2009**

**Tuesdays  
3:00 PM-5:00 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 spring 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/](http://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 friends, family, or romantic partners.***

### **Goal:**

***The central goal is to increase one's growth and satisfaction within relationships.***

### **Topics to be covered:**

- ***What gets in the way of closeness to others:***
- ***How do I communicate my needs in a relationship***
- ***How do I come across to others & is this what I want?***

***LEARN HOW TO LOVE AND BE LOVED!!***

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

[www.csuchico.edu/counseling/](http://www.csuchico.edu/counseling/)