

# BETTER RELATIONSHIPS

*Fall Semester 2008*

*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 Fall 2008 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!!***

**Psychological Counseling and Wellness Center**  
CALIFORNIA STATE UNIVERSITY, CHICO

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