Interested in developing a better understanding of yourself and/or your relationships with others?

Join the Understanding Self and Other’s (USO) group!

Counseling & Human Development @ Dick’s House
Wednesdays 3:30-5:00 pm

This group will provide a supportive environment to develop insights about interpersonal patterns through support and feedback, create connections, and build trust in yourself and others.

Themes commonly discussed include:

- Friendships & romantic relationships
- Family concerns
- Stress
- Anxiety
- Depression
- Self-esteem
- Academic issues
- Adjustment and transition
- Identity development

To schedule an appointment, call 603-646-9442.