PERSONAL GROWTH GROUP

TUESDAYS @ 2-3PM

Email counselingcenter@utdallas.edu to get started!
This process-oriented virtual group is for all students who want to gain a better understanding of themselves and the way they interact with people in their lives. The group is a safe space to explore feelings, give and receive feedback, and practice healthy ways of relating to others. Typical topics that come up in group include: anxiety, depression, family issues, relationship concerns, trust issues, self-esteem, and other topics.