

Spring 2023

# NAVIGATING RELATIONSHIPS THERAPY GROUP

Are you concerned about your relationships? Social anxiety? Family issues? Asking for what you need? Figuring out who you are? These weekly groups will offer a safe, confidential place to discuss these issues with other students. The leaders will facilitate group discussions to help participants better understand themselves and their relationships with others.

**Monday 1:00 PM – 2:30 PM:**

Co-Facilitators: Ken Volk, PsyD & Sonja Sepkowitz

**Tuesday 4:00 PM – 5:30 PM:**

Facilitator: Meg Hoffer-Collins, PsyD

**Wednesday 2:00 PM – 3:30 PM:**

Co-Facilitators: Stephanie Sibley, PsyD  
& Stephanie Marando-Blanck

All group sessions meet weekly in the Counseling Center.  
Stop by Lawrence Suite 241 or call 610-436-2301 to sign up!