

This therapeutic group, led by a Licensed Mental Health Counselor, takes an in-depth look at the many factors that influence body image and self-esteem. Participants are invited to evaluate their own relationship with their body & will be introduced to a supportive environment that aims to foster a healthy body image & increase self-esteem.

Group will start in October

Want more info? Interested in joining this group call 509-313-4054 or email StudentHealth@gonzaga.edu

Health & Counseling Services | 704 E. Sharp Av
*Eligible GU Students | No Cost | Snacks Provided

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For more information about *eligibility, visit
www.gonzaga.edu/healthandcounseling