

GONZAGA HEALTH & COUNSELING SERVICES

Coping
with
Difficult
People
*Therapy Group
with Lunch*

About this group...

This group, led by a licensed staff therapist, will focus on recognizing difficult people in our lives like an aggressive family member, roommate that seems to constantly complain, group member that tends to control things, or friend that seems overly critical/negative. We will focus on understanding how this relationship affects us and how to work towards communicating more effectively with less stress.

Wednesdays | Oct. 23 - Nov. 13 | 12p - 1p

at Health & Counseling Services | 704 E. Sharp Ave

For *Eligible GU Students | No Cost | Join Anytime | Lunch Provided

For more information about this group,
how to register and *eligibility, visit
www.gonzaga.edu/healthandcounseling