

Do you get anxious in social situations?  
Feel isolated or depressed?  
Struggle with transitions?  
Wish you were different?

**You are not alone.**



# **Undergraduate Interpersonal Growth Group**

**MEETS WEEKLY IN PERSON ALL YEAR**

**Group 1: Wednesdays at 3pm  
Starting Jan. 17**

**Group 2: Date and time TBD**

For more information, please contact  
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