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# GRADUATE STUDENT THERAPY GROUP

SPRING 2024

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## Description:

This is a process-oriented therapy group for graduate students who would like to receive/provide support, learn about self and others, share their experiences, and discuss possible ways to cope with struggles. The focus of the group will be determined by the members; possible topics may include academic distress, personal growth, relationships, and work-life balance.

**TIME: TUESDAYS 9:30-11 AM**

**UCI** Counseling  
Center

**949.824.6457**