



# **STUDENT HEALTH AND WELLNESS CENTER**

Medical • Counseling • Health Promotion and Advocacy

## **General Interpersonal Group Therapy**

Interpersonal group is a powerful form of group therapy to help facilitate change and growth. Group meets weekly and provides a space to learn and practice new coping skills in a supportive environment. Common issues discussed in IP group include but are not limited to depression, anxiety, relationship concerns, family stressors.

**Fridays 10:30 am - 12 pm**

**Fridays 12:30 pm - 2 pm**

**Student Health and Wellness Center 8th Floor**

**For more information scan QR code or contact Counseling  
Services at 414-229-7429**

