You Are Not The Only One
Counseling and Psychological Services Group Therapy

**Women’s Understanding Self and Others**

Are you a woman who would like to gain a greater understanding of yourself and your relationships? Are you a survivor of abuse? Do you struggle with self-esteem or body image issues? You are not alone! The Women’s Understanding Self and Others (USO) Group provides a supportive environment where women can explore interpersonal relationships and identify areas for personal growth.

Facilitated by Brady Yocom, Psychology Resident & Niki Kenley, Pre-Master’s Intern

**Co-ed Understanding Self and Others**

Are you lonely? Do you feel uncomfortable or awkward in social situations? Are you not satisfied by your relationships? You are not alone! The Coed Understanding Self and Others (USO) Group provides students with an opportunity to make sense of their relationship experiences, improve their self-esteem, and gain support and feedback with other UWF students who have endured similar struggles.

Facilitated by Brady Yocom, Psychology Resident & Katya Santalova, Pre-Master’s Intern

**In, Out & In Between**

Are you having struggles related to your sexual orientation and/or gender identity? Have you been afraid to talk about your true identity? Are you afraid of being judged? Are you looking for an affirming, supportive environment to be yourself? You are not alone! The In, Out, and In-Between Group offers an opportunity to gain support from other UWF students who have endured similar struggles.

Facilitated by April Glenn, Ed.D., LMHC & Jennifer Bennett, Pre-Master’s Intern

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**What Students Say About Group**

Group is just a place where I can talk with others who know what it is like. They really help me learn how to cope with everyday stress. I thought group would be like on tv (all cold, weird, and awkward) but it is not like that at all. It is interesting and even fun.

I was skeptical of joining group and sharing, but once I did, they really helped me figure out how to manage relationships. I have gotten better at being myself.

I was nervous before starting group, but after I joined I really grew close to the people. I am sad that it will come to an end.

It is just nice to be in an environment where other people are struggling with the same things.

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If you are interested in joining please visit or call (850) 474-2420 Counseling and Psychological Services in Building 960