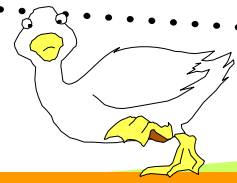


University of Oregon  
Counseling and Testing Center

Winter Groups 2008



**Healthy Relationships**

Let's talk about communication, trust issues, & how you handle conflict in relationships.

**My Body, Myself**

Develop healthier attitudes and feelings toward food and weight.

**Eating Disorders**

Have an eating disorder? Ready to address the issues that have caused it? This is the group for you.

**Grief and Loss Group**

Need some support around the loss of someone significant in your life? This group is here to support you through this difficult time.

**International Student Group**

Let's talk about your new environment, experiences & concerns in being far from home.

**Madskills**

Trouble handling your stress, anger or emotions? You will learn coping skills using principles of Aikido and Western psychology, while looking at male socialization and gender role expectations.

**New Directions**

Are there some behaviors that are not working for you? Explore those addictive behaviors, raise your awareness, and learn new skills to change negative patterns.

**Personal Issues**

Let's explore and work through issues of intimacy and interpersonal relationships.

**Social Anxiety Management**

Do social settings make you anxious? Help is here.

**Women's Voices**

Need a safe and caring environment to explore relationships? This process group is the place!

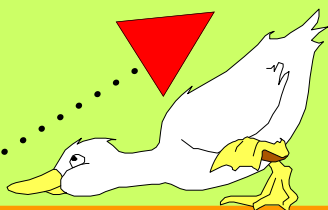
**Depression Management**

Experiencing depression is a common feeling. Find ways to manage your depression.

**Men's Group**

Explore your values, beliefs, relationships and roles in this safe & constructive group.

Call 346 3227 for information on groups  
& how they might work for you.  
Services are accessible to individuals  
with disabilities.  
Contact us for accommodations



We're on the second floor of the Health,  
Counseling, & Testing Building.  
Stop by!

<http://counseling.uoregon.edu>

Proud to be a student sponsored service