



UNDERSTANDING SELF AND OTHERS GROUP

A Supportive Space to Explore:

- Thoughts
- Emotions
- Relationship patterns
- Interpersonal experiences

Through Discussion and Shared Experiences:

- Build self-awareness
- Better understand how you relate to others
- Practice new ways of communicating and connecting.

Option 1

Tuesdays, 1:00-2:30pm

Led by:

Benjamin Stocking, Ph.D.
bhs56@miami.edu

Option 2

Thursday, 3:00-4:30PM

Led by:

Kirt McClellan, LCSW
k.mcclellan@miami.edu



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