



# UNDERSTANDING SELF & OTHERS

*Weekly process group for undergraduate students*

Join us to:

- Build intimacy with others through mutual vulnerability
- Experiment with different ways of interacting with others
- Receive feedback, so you can know how you impact others
- Give feedback, so you can learn how to better communicate your reactions, feelings, and thoughts.

## Tuesdays, Time to Be Determined

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For more information, please contact the group leaders:  
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