

# INTERPERSONAL RECOVERY GROUP

WEDNESDAYS  
FROM 5:30-7:00PM  
KUEHNE HALL 201  
FROM 1/31-5/9  
(NO GROUP SPRING BREAK)

## Join us:

*This 6-part group will meet on Wednesdays from 5:30pm-7:00pm in Kuehne Hall 201 starting 1/31 and run through 3/14.*

*The group will restart at the first session on 3/28 and run through 5/9.*

*Members will benefit most from attending each of the 6 sessions in order, but are free to attend groups in any order.*

**in·ter·per·son·al (adj)**  
existing or occurring between persons

*This group is intended for students who have experienced unhealthy or toxic relationships, violence or abuse in their relationships, or sexual violence. In this group, you will learn about self-value, emotion regulation, and healthy relationships. While support is a large part of this group, the goal is to assist members in regaining autonomy, control, and empowerment that they may feel they have lost after experiencing unhealthy relationships.*

**FOR MORE INFORMATION, CONTACT:**

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