

Fall STORIES



A 5 week thematic group for individuals working on nourishing their relationship with their bodies and themselves. Each week a story from Anita Johnston's *Eating in the Light of the Moon* will be discussed.

Wednesdays 10:30am – 11:50pm

Contact Erin Tracy, M.S. or Thomas Roe, Psy.D. for info. 530-752-0871

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CAPS Counseling and Psychological Services

SOME REASONS TO JOIN A GROUP

Reduces Isolation – You're Not As Different Or Alone As You Think

Normalizes Experience – "It's Not Just Me, I'm Not Alone"

Supportive – Receive Support And Share Your Wisdom

Learn With And From Other People

Function Better In Relationships

Learn And Practice New Skills

Understand Yourself Better

No Session Limits

No Fee

Why

COULD GROUP COUNSELING HELP ME?

Groups?

If You Are...

Isolated Or Depressed

Shy And Easily Embarrassed

Troubled By Relationships / Communication

Wanting To Connect With Others Like You

Seeking To Improve Interpersonal Effectiveness

Seeking To Understand Why You Act The Way You Do

FOR MORE INFO CALL (530) 752-0871

[HTTP://WWW.CAPS.UCDAVIS.EDU/SERVICES/GROUP](http://www.caps.ucdavis.edu/services/group)