



# Personal Growth Group

Come explore, understand yourself better, and learn better ways to relate to others and to handle feelings.

This is a confidential psychotherapy group open to male and female students who want to expand their ways of coping, learn more about their relationships with others, with themselves and how they approach their world.

**Summer 2009, Wednesdays, 1:00-2:30**

**FAU Counseling Center, Boca Raton, Bldg. #8**

We are located above the breezeway food court, Room 229

Rhonda Seiman, Ph.D. & Jennifer Speisman, M.A. will facilitate and welcome your calls to schedule a brief screening meeting to see if this group might be helpful to you. Space is limited and group will start as soon as it reaches capacity. Please call 561-297-3540 to set up the initial appointment.