

Adult Interpersonal Process Group

- A safe and encouraging space to learn how to build relationships with yourself and others!
- When? Monday evenings 6:30-8:00 pm
- Where? Richland Oaks Counseling Center
- Cost? \$35
- Individuals can hope to work on:
 - *Boundaries & Healthy Communication*
 - *Coping Mechanisms*
 - *Self-Image & Social Perception*
 - *Conflict Resolution*
 - *& Much more!*
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