

FALL
QUARTER
2019

UNIVERSITY COUNSELING SERVICES

Group Counseling

Process Groups

Weekly, ongoing group for students who would like to better understand and improve the quality of their relationships with friends, family and significant others. In addition, student will come together to discuss their experiences with anxiety, depression and other related struggles and how these issues affect various areas of life including academics, socializing, and self-esteem. This group is designed to provide a safe place to process, challenges and learn new ways of coping and navigating the world.

Loop, Wednesdays, 4:00-5:30 pm

Lincoln Park, Fridays, 10:00-11:30 am

Lincoln Park, Fridays, 1:00-2:30 pm

Women's Group

This weekly, ongoing, interpersonal process group is for female identified undergraduate and graduate women looking for a safe and confidential space to better understand themselves and others in relationships.

Lincoln Park, Tuesdays, 3:45-5:15 pm

For more information about any group, please call (773) 325-7779 to sign up for a brief phone consultation with a UCS staff member before attending a session.

Please note that students must contact the counseling center or group leader before attending a group.

Lincoln Park Campus • 2250 N. Sheffield,
#350 • Chicago, IL 60614 •
(773) 325-7779

Loop Campus • 25 East Jackson Blvd.,
#1465 • Chicago, IL 60604 •
(312) 362-6923



DEPAUL UNIVERSITY

DIVISION OF STUDENT AFFAIRS

University Counseling Services