Group counseling is a powerful venue for growth and change. Many Cornell students report experiencing understanding, support, and encouragement from others facing similar issues. They also describe the group experience as being helpful beyond their expectations.

New groups form every semester on a wide range of topics including:

- interpersonal relationships (for connection & feedback)
- identity (gender, sexual, cultural, racial etc.)
- skill-building & support (for depression, anxiety, eating disorders, social skills, etc.)
- recovery & healing (related to sexual assault, bereavement)

Groups vary in composition, but are available to undergraduate, graduate, and professional students at Cornell. See health.cornell.edu for details.

Contact:
Call Counseling and Psychological Services (CAPS) at 607-255-5155 to speak with group facilitators and learn more about your support options.

health.cornell.edu/groups