



Women's Empowerment

This group is for female students.

Membership in this group is open. Members may join at any time during the semester and are required to schedule an intake appointment.

Goals of the group include:

- Gain support from other students with similar issues
- Identify emotional triggers
- Learn positive coping skills including assertiveness and stress management
- Increase personal empowerment
- Develop communication skills that lead to healthier relationships

For more information, please contact the Counseling Center at 678-839-6428.