BODY COMPASSION
Tues 3 - 4:30 pm
Drs. Tsukada & Schiro

Concerns about relationships or feeling alone?
- Learn to recognize & cope with emotions & thoughts that lead to negative body image and eating concerns
- Explore how environment shapes us & provide/receive support in a safe & facilitated space
- All gender identities welcome!

Have a difficult relationship with your body and/or food?
- Connect and learn from others around common concerns like academics, mental health, and relationship challenges
- Practice communication skills, and receive supportive and non-judgmental feedback

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Learn coping skills for stress, overthinking, difficult emotions, & communication!
- Learn about mindfulness, managing stress, deal with intrusive thoughts, coping with difficult emotions, or better assert yourself!
- We offer multiple topics each week, and you can choose which one to learn about!

UNDERSTANDING SELF & OTHERS

Mon 3 - 4:30 pm
Dr. Garson

Tues 10:30 am - 12 pm
Dr. Chambers

Wed 2:30 - 4 pm
Dr. Nwordu

Thurs 1 - 2:30 pm
Dr. Faure

You've got this!

UNDERSTANDING SELF & OTHERS

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Undergrads only:
Wed 3 - 4:30 pm
Dr. Rivero

Thurs 2 - 3:30 pm
Drs. Berwise & Brennan

Grad students only:
Tues 3 - 4:30 pm
Drs. Juarez-Huffaker & Winslow

Want to learn how to join?
Call us at 302.831.2141

Ask for a triage appointment to get started!

Center for Counseling & Student Development
www.udel.edu/counseling