Building Social Confidence Group

Do you find it difficult to initiate conversation with others?

Is small talk not your strong suit?

Do you have trouble developing meaningful relationships?

Do you worry how you appear to others?

Do you feel you can’t sell yourself at a job interview?

After all...you spent all those years not being able to talk to strangers, now that you can, wouldn’t it be fun to start?

This group meets in a three-part series. Thursdays from 11-12 p.m.

February 25th
March 3rd
March 10th

Interested individuals should call 715-425-3884 in advance of the first group to make an appointment for an initial 15 minute intake, which is required for participation in this group.

For more information call 715-425-3884 or stop by Student Health and Counseling Services in 211 Hagestad Hall.