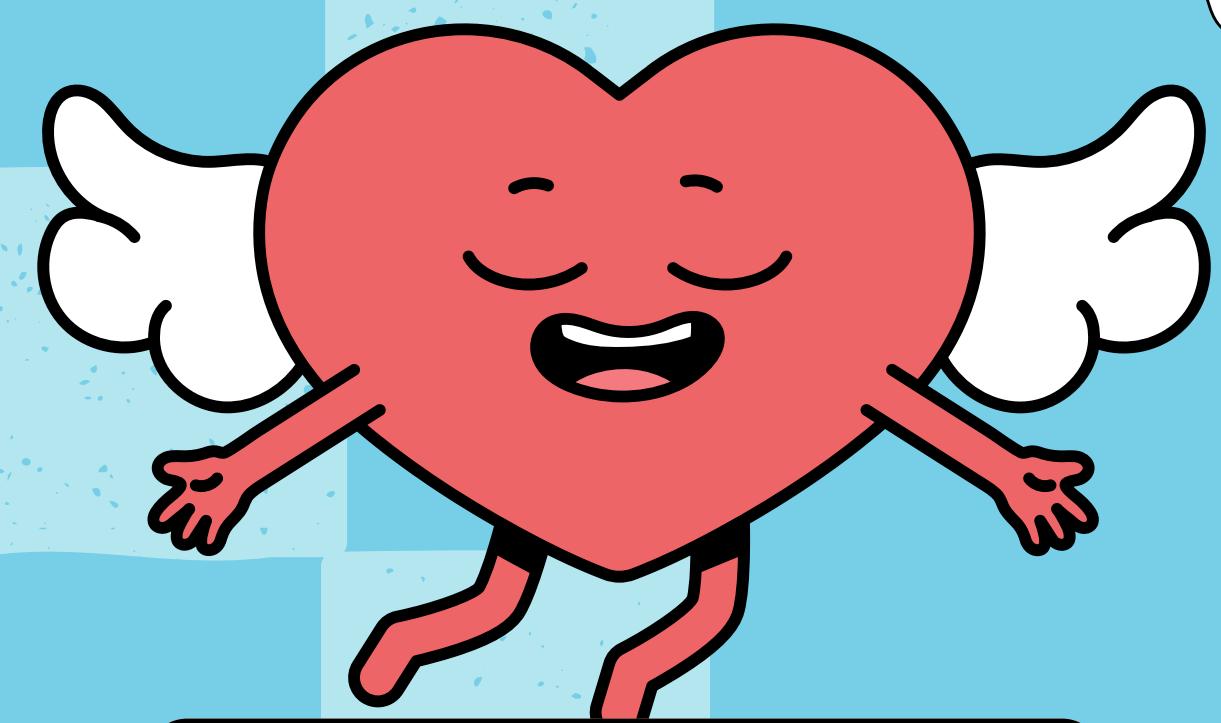


**5-session Group Therapy**

# Me, Myself, and I

**WHO am I?**

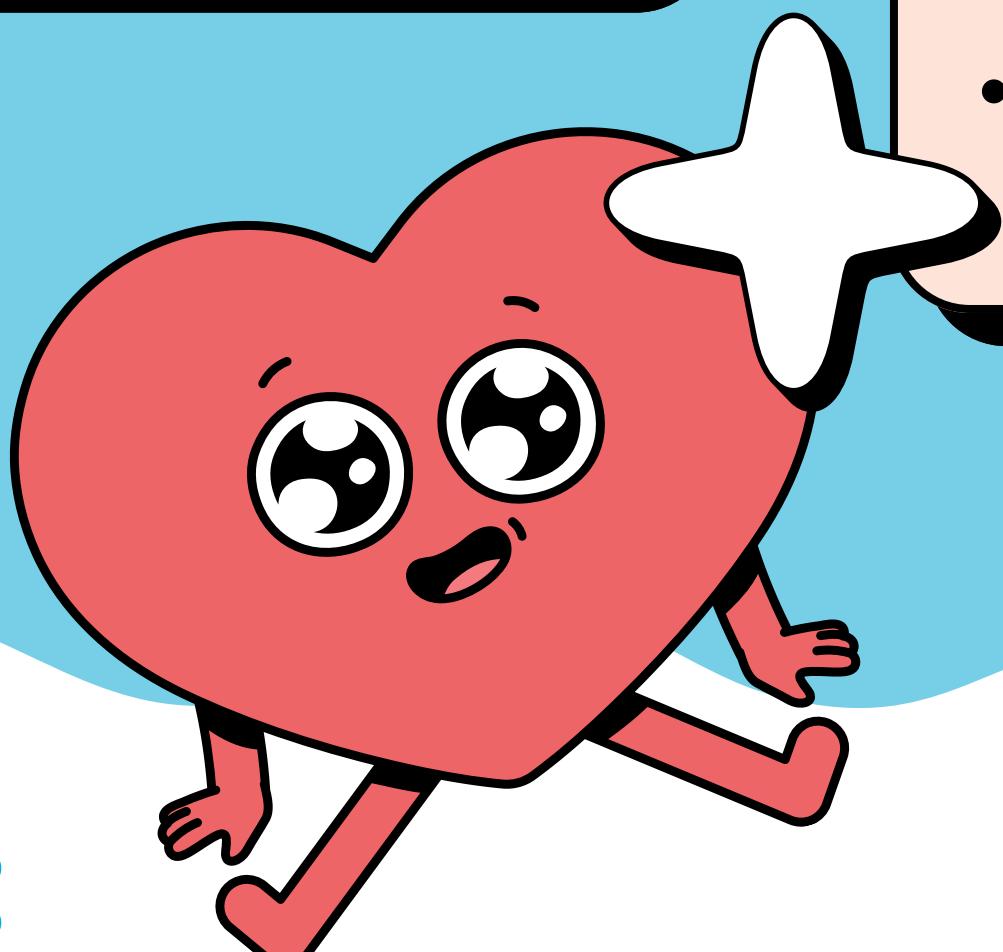
- Understanding my inner critic
- How do I build a healthier self-identity?

**what do I THINK?**

- Being more aware of my thoughts
- How can I express myself?

**How do I FEEL?**

- What are my emotions trying to tell me?
- How can I be more self-compassionate?

**Details:**

**Eligibility** - Full-time NUS undergraduates only

**Dates** - Thursdays: 12 & 19 Feb; 5, 12 & 19 Mar 2026

**Time** - 3:30pm to 5:30pm

**Venue** - University Counselling Services

[Click here](#) to indicate your interest to join!

\*Do ensure that you are able to commit to attending all sessions

