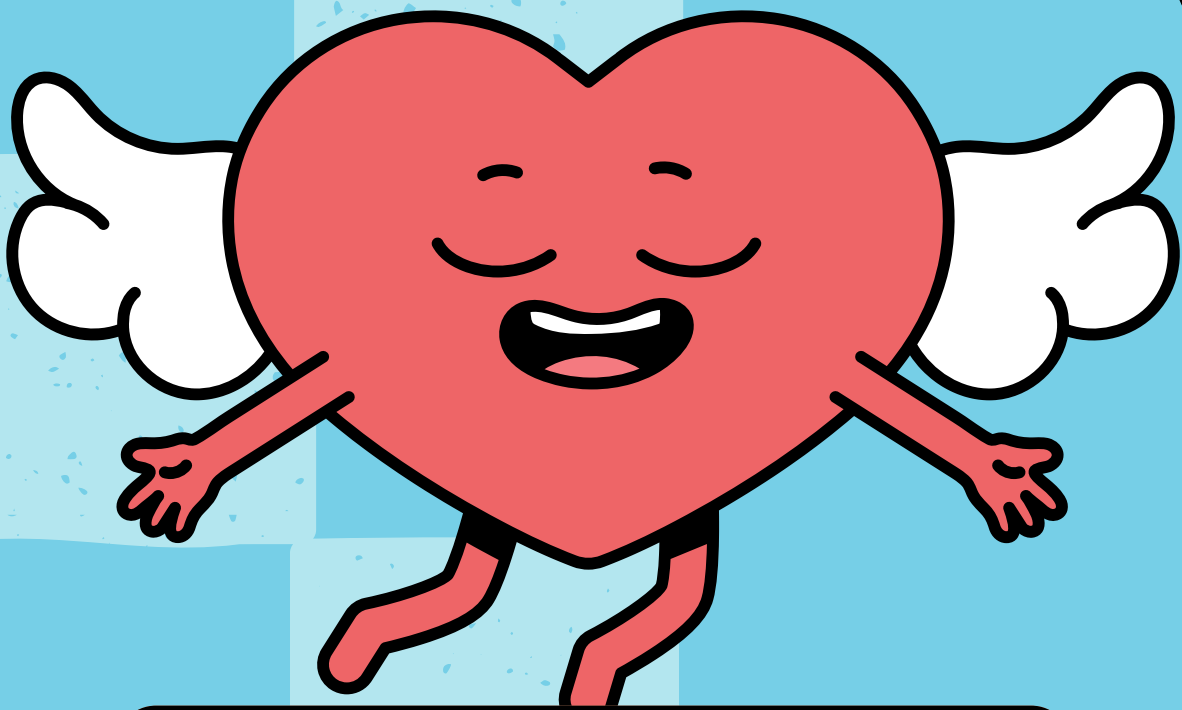


5-session Group Therapy

Me, Myself, and I



WHO am I?

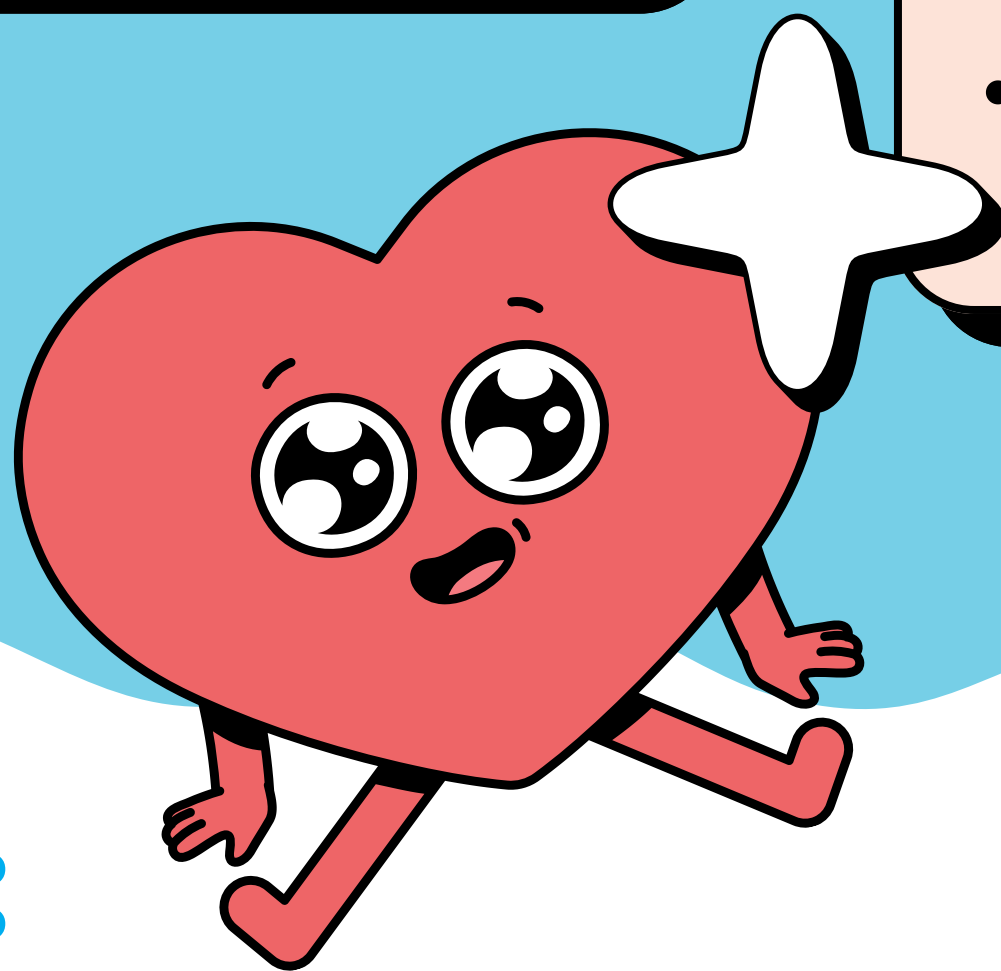
- Understanding my inner critic
- How do I build a healthier self-identity?

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*

