



GROUP PSYCHOTHERAPY

**STRUGGLING WITH STRESS?
FEELING OVERWHELMED?
YOU'RE NOT ALONE!**

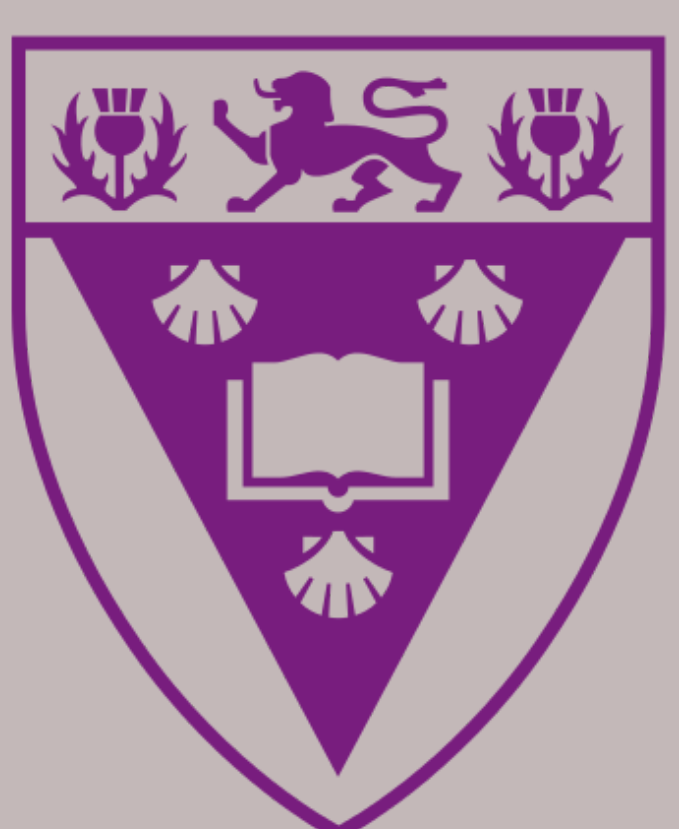
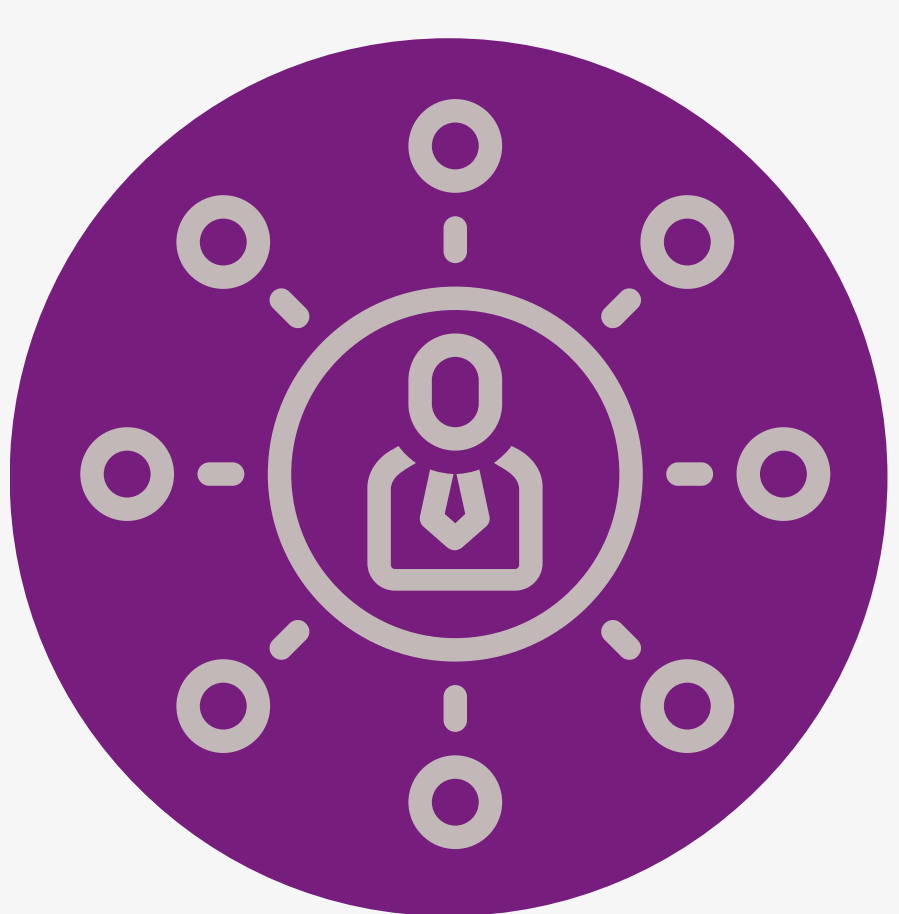
Group psychotherapy provides a **supportive and confidential environment** to share, learn, and overcome.

GROW, CONNECT, HEAL.

Experience the power of shared healing. **Sign up** to join one of our **weekly group psychotherapy sessions** and embark on a transformative journey of understanding, acceptance, and growth.

Each group offers a **unique focus and setting**, allowing you to find the perfect fit for your personal journey.

Our professional therapists are here to guide you towards **emotional well-being and self-improvement**.



RHODES UNIVERSITY
Where leaders learn

RHODES UNIVERSITY COUNSELLING CENTRE

To sign up for one of the weekly group sessions,
please contact the Counselling Centre,
2nd floor, Bantu Stephen Biko Building



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