

Improve Your Romantic Relationships

A free online counseling group for ages 18-24

Details



Where and When?

- 6 weeks of 90-minute weekly group counseling sessions.
- Located on Zoom
- Starting April 6, 2026



Why?

- Learn skills that promote healthy relationships
- Improve communication and conflict resolution skills
- Connect with peers about experiences with dating



Who?

- Ages 18-24
- Resident at The Grove 1st Step Communities
- Wanting to improve relationship dynamics
- All genders welcome

It's FREE!

Scan the QR code to sign up

For questions, email
coe-counseling14@csus.edu

