



# The Gifts of Imperfection Group

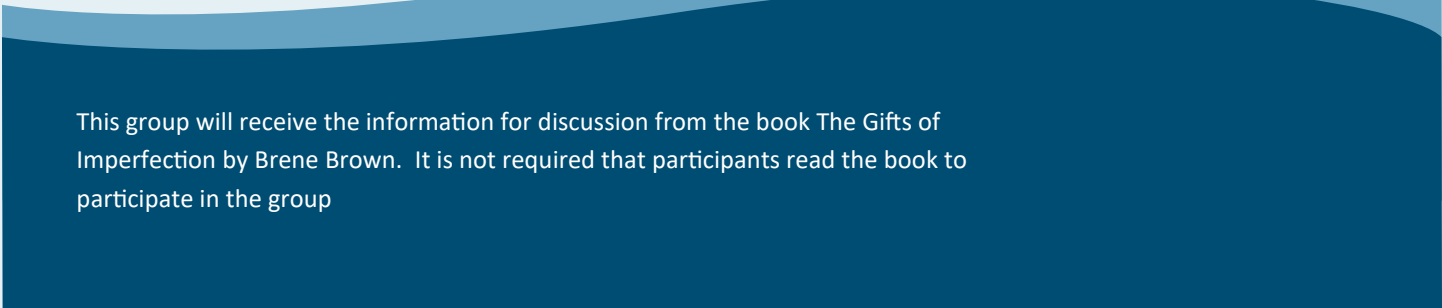
The Gifts of Imperfection Group is a 10 week psychoeducational group via Zoom meeting every Tuesday at 11:45 am for 1 hour. The first 30 minutes of the group session Bridget Joos, (UMN-Morris Student Counseling) will give information about the guideposts, the relevancy of the guidepost and space to reflect. The last 30 minutes of the session the group members will be given time to process any thoughts or life connections with other group members.

**Tuesdays 11:45 am—12:45 pm**

**September 15-November 17, 2020**

**This group will meet via Zoom**

This group is ideal for individuals experiencing anxiety, depression and/or stress. If students need more information and/or would like to register for the group please contact Bridget Joos - [joosbi@morris.umn.edu](mailto:joosbi@morris.umn.edu)



This group will receive the information for discussion from the book *The Gifts of Imperfection* by Brene Brown. It is not required that participants read the book to participate in the group