

Beyond Perfectionism

A Six-Week Counseling Group for College Students & Young Adults

Understanding Stress, Self-Criticism, and the Nervous System

Do you ever feel like:

- ✓ Nothing you do is ever good enough?
- ✓ You're constantly worried about making mistakes?
- ✓ You procrastinate because tasks feel too overwhelming?
- ✓ You push yourself so hard that you end up exhausted or burned out?
- ✓ Your inner critic is louder than your self-confidence?

*You're
not
alone!*

This group will help you:

- Understand perfectionism and how it develops.
- Learn how stress affects the nervous system.
- Explore how perfectionism is a way of coping with distress.
- Develop awareness of one's inner critic and self-compassion.
- Learn practical tools for managing stress and overwhelm.
- Connect with other individuals facing similar challenges.

Interested?

Limited Spaces Available
Pre-Screening Required

SCAN ME



You can also find the registration link by clicking **HERE**

Meeting Details



Six Weeks | Weekly



Tuesdays at 3pm | 1 Hour



Virtual



Free

Begins Tuesday, July 28th

Questions? Reach out - we're happy to help!