

Social Skills Group

at Psychological and Wellness Services

Learn social skills for everyday life and practice common social scenarios. Benefit from addressing eye contact, understanding body language, increasing empathy, managing emotions, self-expression, awkwardness, anxiety and dealing with change or disappointment.

Build meaningful relationships with friends, coworkers and romantic partners, while creating connection and understanding.

Start building social skills and meaningful relationships by emailing uwtpaws@uw.edu.

