

# Building Better Connections with Others

*Do you struggle with disengaging from people you consider toxic?*

*Looking to establish or maintain connections with others?*

*This group offers a space to explore patterns in your relationships and learn how to connect with others in healthier and more empowering ways.*

## Interpersonal Support Group

*Thursdays, starting October 9, 2025*

*1 - 2:30 p.m.*



**Scan here to learn more!**



**To learn more and join,**

**call (410)-455-2542 or visit your Retriever CARE portal to schedule your initial consultation appointment.**



RETRIEVER INTEGRATED HEALTH

This event is open for full participation by all individuals regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal law, state law, and the University's nondiscrimination policy.