



FALL GROUP OPPORTUNITY:  
**OCCUPYING BETWEEN SPACES:  
COPING WITH LIFE CHANGES**  
OFFERED BY THE UNIVERSITY OF  
SASKATCHEWAN PSYCHOLOGY CLINIC

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**THURSDAYS: OCTOBER 9,16,23,30 & NOVEMBER  
6,20,27, & DECEMBER 4. (8 SESSIONS)**

**1-3PM**

VIRTUAL BY ZOOM.

**COST: \$100 TOTAL (SLIDING SCALE AVAILABLE)**

OPEN TO ADULTS WHO ARE EXPERIENCING LIFE CHANGES SUCH AS A MOVE, BIRTH, DEATH,  
RELATIONSHIP CHANGE, WORK CHANGE, RETIREMENT, ETC.

GROUP FORMAT INCLUDES TOPIC PRESENTATION, EXPLORATIONS OF EACH SESSION'S  
THEME THROUGH DISCUSSION AND TACTILE EXERCISES.

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FOR MORE INFORMATION CONTACT: USPC RECEPTION @ 306-966-6895 OR  
[PSYCHOLOGY.CLINIC@USASK.CA](mailto:PSYCHOLOGY.CLINIC@USASK.CA) AND INDICATE AN INTEREST IN THE LIFE CHANGES GROUP.