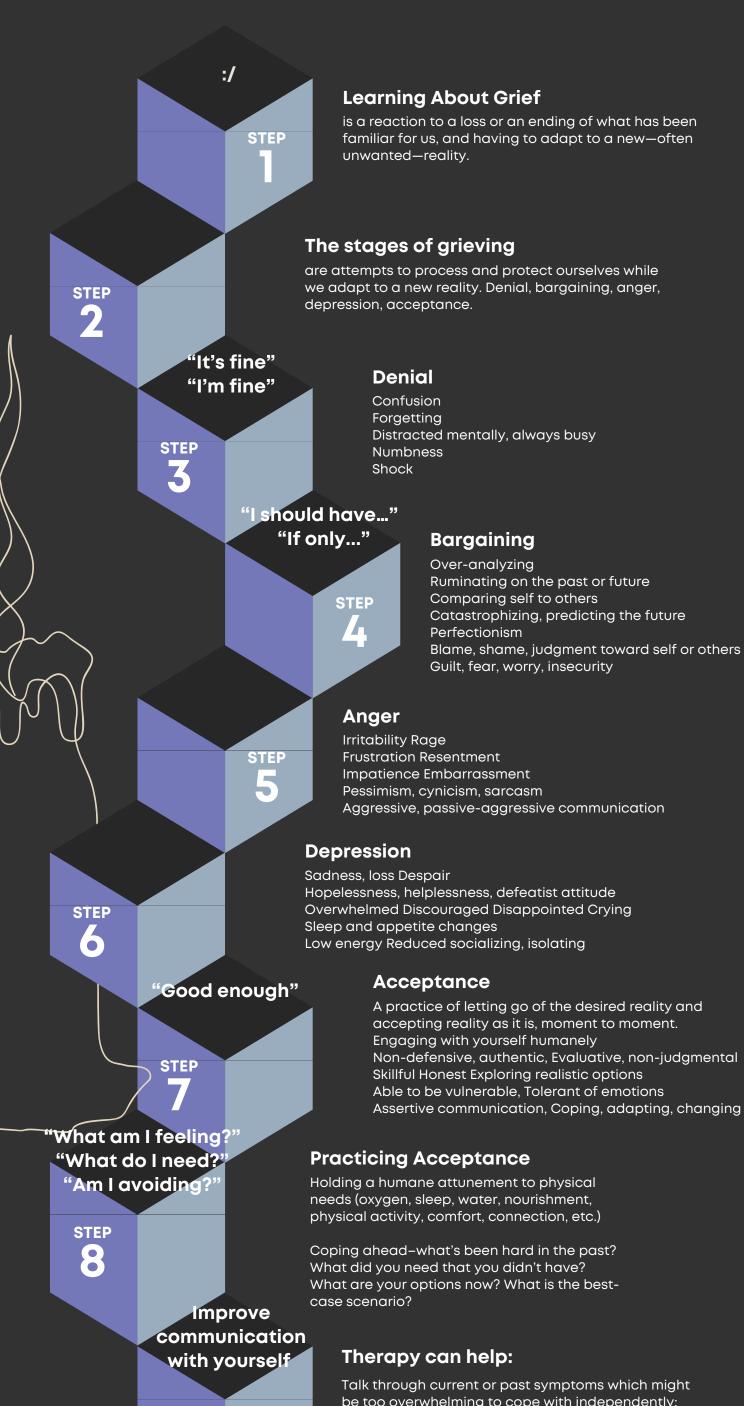
## The Stages of Grief



be too overwhelming to cope with independently;

Enhance your personal strengths and skills; Develop

personalized interventions that are meaningful to you;

support, specialized counseling, medication, academic support, etc.)

Identify your needs, resources and options (i.e. group

## The UW Counseling Center offers consultation, short-term individual counseling

and group therapy for students. Rm 401 Schmitz Hall

Phone: 206-543-1240 wellbeing.uw.edu

STEP

STEP