

# Who may join?

MSW, MFT & MHC students currently in their clinical practicum or internship.

# What we offer

## **Confidential Peer Support:**

Connect with fellow interns to share experiences and build a support network.

**Professional Development:** Gain practical tools and strategies to enhance well-being, ethical practice, and professional growth.

**Expert Oversight:** Sessions are supervised by a licensed mental health professional for a safe experience.

# How to Get Involved

If you're looking for a supportive and confidential environment for your training, consider joining the

Thrive & Grow support group starting in early September.

Meeting times will be based on participants' availability.

For more details or to sign up, email [info@trueselfutah.com](mailto:info@trueselfutah.com).

# Introducing

# THRIVE & GROW

A Free Online Peer Support & Professional Development Group

# Why Join?

As an intern, you face distinct pressures and learning curves. Thrive & Grow offers a dedicated space to:

- Process challenging cases and ethical dilemmas
- Develop coping mechanisms for managing stress and burnout
- Enhance your clinical skills and confidence
- Foster a sense of community and belonging among your peers

Thrive & Grow is generously sponsored by

**TRUE SELF**  
*Counseling*