

# Who may join?

MSW, MFT & CMHC 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.

**Weekly on Wednesdays at 8pm**  
**September 24 – December 3**  
(No meeting the week of Thanksgiving)

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 hosted by

**TRUE SELF**  
*Counseling*



INTRODUCING

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