Students who come see us at the Counseling Center often seek help for a number of experiences and concerns. If you are struggling with any of the items below, group treatment could be a great opportunity for you to connect with others who share similar experiences and learn life hacks and pro-tips to help build resilience while working through trying times. If you are interested in participating in one of our groups, please contact the Counseling Center at (765) 285-1736 to schedule an appointment.

- Depression
- Loss of motivation
- Low self-esteem
- Homesickness
- Difficulty expressing your thoughts and feelings
- Struggles with making, and keeping, friends
- Finding it hard to communicate with others
- Feeling isolated or alone; not being connected to others on campus
- Anxiety
- Stress Management
- Anger Management
- Poor academic performance
- Sleep Difficulties
- Decision-Making
- Time Management
- Learning how to be independent
- Grief
- Family Problems

**Skills Groups—**

- Healthy Relationships: This 4 week skills group will help you learn effective communication styles and how to maintain healthy boundaries in relationships.
  
  **Tuesdays at 4PM, starting 10/22/19**

- Mindfulness: This 4 week skills group will provide you with the opportunity to learn and practice various mindfulness skills.
  
  **Thursdays at 4PM, starting 10/24/19**

**Process Groups—**

- Loss and Grief: This group will meet weekly throughout the semester and will provide a supportive environment that includes discussions about normal grief and loss and the tasks involved in the grieving process.
  
  **Mondays 3-4:15PM; group has started and is still accepting new members**

- Safe Haven: This group will meet weekly throughout the semester and will provide a safe space for members of the LGBTQAI+ community to discuss shared experiences and offer support to one another.
  
  **Wednesdays 3-4:15PM; group has started and is still accepting members**

- Surviving & Thriving: This group will meet weekly throughout the semester and will provide a safe and supportive place for women who are survivors of sexual assault to come together, share their experiences, and find ways to cope.
  
  **Thursdays 3-4PM; start date will be announced soon**

- Weight Not, Want Not: This group will meet weekly throughout the semester and will provide a supportive environment for women with eating disorders and/or body image struggles to find ways to cope.
  
  **Start date and time offered will be announced soon**