SPRING 2020 GROUPS PROGRAMMING SCHEDULE

Students come see us at the Counseling Center for help with 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.

- **Depression**
- **Loss of motivation**
- **Low self-esteem**
- **Difficulty expressing your thoughts and feelings**
- **Struggles with making, and keeping, friends**
- **Finding it hard to communicate with others**
- **Feeling isolated or alone**
- **Anxiety**

- **Anger Management**
- **Poor academic performance**
- **Sleep Difficulties**
- **Decision-Making**
- **Time Management**
- **Grief/Loss**
- **Family Problems**

**Skills Groups—**

- Mindfulness: This 4 week skills group will provide you with the opportunity to learn and practice various mindfulness skills.
  
  **Tuesdays at 3:00PM, starting 2/4/20**

- Building Resiliency: This 4 week skills group will provide you with the opportunity to learn and practice useful skills to empower you and to help you build resilience when things feel out of control.

  **Thursdays at 2:00PM, starting 2/6/20**

**Process Groups—**

- Understanding Self & Others: This group will meet weekly throughout the semester and will include discussions surrounding topics like depression, anxiety, and family issues. You are not alone and this group can help you find the support of others who share in some of your experiences.

  **Mondays at 3:00PM OR Wednesdays at 3:00PM; start date TBA**

- 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 at 3:00PM; start date TBA**

- 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 at 11:00AM; starting 1/30/20**

- 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 at 3:00PM; start date TBA**

- Stress Less: This group will meet weekly throughout the semester and will focus on managing anxiety and depression symptoms, managing stress, improving self-esteem, and identifying healthy coping skills to better improve self-care.

  **Wednesdays at 3:30PM; starting 1/29/20**

- 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 & time TBA**