*APPETITE FOR LIFE*
This is a group that provides the opportunity for members to give and receive support around struggles related to food, weight and body image. The group sessions will help you to develop insight into your eating behaviors and challenge negative thoughts about food and body image. By talking with others who share similar experiences, you can develop a healthier relationship with food and greater self-acceptance. This group will need a 30 min. screening. Starting date will be January 18, 2016.
**MONDAYS  4:30 – 6:00 P.M.**

*BE REAL!*
Do you know how it can be hard for ND students to be themselves, connect on a deep level and believe in themselves even when things are tough? Well, Be Real! is a confidential group where undergraduate men and women are safe to be totally themselves, develop confidence in their uniqueness and experience authentic connection with others who want to go beyond the surface. If you want to Be Real! call Megan Brown, Ph.D. at 631-7336 to set up a screening appointment.
**TUESDAYS  2:00 – 3:30 P.M.**

*FEEL BETTER FAST!*  Help for Depression, Stress, and Sleep
Yes, you can take steps to change your negative moods, reduce your stress, and get more restful sleep. Join this 4-session informative and supportive structured group. You will be encouraged to do mood changing and stress reduction activities in between sessions.
**Up till Spring Break:  WEDNESDAYS 3:45 - 5:00 P.M.**

*FOCUS*
FOCUS is a skills development and support group for students diagnosed with Attention Deficit/Hyperactivity Disorder (ADHD). Members will receive the opportunity to develop a support network and skills to manage some of the most challenging symptoms experienced by individuals with ADHD. If interested, contact the UCC and set up a screening with Dr. Karen Baer-Barkley. Scheduled to begin March 14, 2016.
**MONDAYS  3:00 - 4:00 P.M.**
*FROM ABD TO PHD*
Do you know how All-But-Dissertation students can feel overwhelmed in the research process, struggle with organization and procrastination, can feel isolated and alone and like they will never get done? From ABD to PhD is a coaching group for Notre Dame ABD students to help them maximize their productivity, regain focus and energy, connect with others who understand how hard “dissertating” is and get their dissertations done sooner. If you are interested in this group, call Dr. Megan Brown at 574-631-7336 with questions or to set up a screening.
WEDNESDAYS 2:00 - 3:30 P.M.

*GRADUATE THERAPY GROUP*
This confidential group is designed for graduate students who would like to explore how long standing patterns are impacting their lives and who want to learn to move ahead with self-understanding and greater confidence. It is also for individuals who have experienced relationship difficulties or loss and are looking for support and strategies for coping and personal growth. Students experiencing adjustment to graduate school concerns are also likely to benefit from this group. This group requires a 30 min. screening.
MONDAYS 5:00 - 6:30 P.M.

*INTERNATIONAL STUDENT SUPPORT GROUP*
Come join our support group to address cultural, career, educational, relational and financial concerns that are unique to international students in ND and identify available resources to help you. Examples of the topics include, but not limited to, culture shock, cultural customs, friendship/relationships, communication styles, interpersonal issues, family at home, and future aspirations. If interested, contact the UCC and set up a screening appointment with Dr. Weiyang Xie.
DATE: TBD

*MAKING THE GRADE: GETTING MENTALLY TOUGH ABOUT SCHOOLWORK*
Are you struggling with schoolwork in ways that you never have before? If you are among the students at Notre Dame who struggle with academic performance related anxiety, then know that you are not alone and that there is an option for you to consider. The University Counseling Center is offering a group counseling/training experience that will afford you the opportunity to give and receive support from other students while you develop mental toughness skills in the face of academic challenges. The group will meet on Wednesdays from 4-5 pm. If you are interested in joining the group, contact Dr. Mick Franco.
WEDNESDAYS 4:00 - 5:00 P.M.
*NOT THE PERFECT FAMILY*

_FAMILY = FRUSTRATION, CHAOTIC, DISENGAGED, DEMANDS_

_FAMILY = ??????????????

Discuss this and more with other students who are trying to figure out how to deal with their family and be a sane student managing life and relationships well all at the same time. This group is currently full and will not be accepting referrals at this time.

**THURSDAYS 3:30 - 4:45 P.M.**

*RISE THE WAVE WITH ACT!*

Are you drowning in anxiety and worry? Then rise up to ride the _WAVE_! Let go of your struggle with Worry and Anxiety so that you can focus instead on your Values and Experience. With _acceptance and commitment therapy_, you can Accept, Choose and Take Action toward building the life you want.

**MONDAYS 3:30 – 4:50 P.M.**

*SUCCESS WITHOUT EXCESS*

Alcohol or another drug causing you problems? Concerned about how much you are using and its effects on you? Wondering if there are other healthier ways to have fun in college?

Success Without Excess looks at these and other related issues, works with you and _your_ goals to achieve success, and provides support from peers and staff to realize safety and health. _Contact Arlen Epp (574-631-7336) for details._

**FRIDAYS 2:15 - 3:30 P.M.**

*SOCIAL ANXIETY GROUP*

This 8-12 week group is focused on helping students with social anxiety, which involves intense fear of being scrutinized and negatively evaluated by others in social or performance situations. Group is focused on providing support and trying new behaviors aimed at facing feared social situations and coping with social anxiety. Consider this group if you:

*Have a difficult time speaking up in class or in a group.
*Avoid going to the dining hall if you don’t have friends to accompany you.
*Spend more nights alone in your room than you’d like rather than make plans with friends to go out.
*Avoid activities that would improve your career opportunities or social life.
*Feel a high degree of anxiety when you are expected to attend a social function.
*Avoid asking someone out on a date.

**WEDNESDAYS 3:20 – 4:50 P.M.**
**SUCCESS WITHOUT EXCESS**
Alcohol or another drug causing you problems? Concerned about how much you are using and its effects on you? Wondering if there are other healthier ways to have fun in college? Success Without Excess looks at these and other related issues, works with you and your goals to achieve success, and provides support from peers and staff to realize safety and health.
Contact Arlen Epp (574-631-7336) for details.
**FRIDAYS**  3:15 – 4:45 P.M.

**LETTING GO OF PERFECTIONISM**
Are you tired of trying to live up to perfectionistic expectations? Do you struggle with feelings of inadequacy? If so, join this structured four-week group where you will learn ways to let go of maladaptive perfectionism through courage, compassion, and connection. Group activities include acceptance-based strategies incorporating mindfulness, self-compassion, and discovering greater meaning in your life to establish a healthy work/life balance.
**After Spring Break: WEDNESDAYS**  3:45 – 5:00 P.M.