Saint Liam Hall, 3rd floor
(574) 631-7336
ucc.nd.edu
“Better Yourself for a Better Tomorrow”

Sober for Life
Have you decided that alcohol and other drugs are not for you? Would you like support to maintain abstinence and to learn to live fully without them?
Contact Arlen Epp (574-631-7336) for details.
FRIDAYS 1:00—2:00 P.M.

Social Anxiety Group
Worry too much about what others think of you? Do you fear being judged by others, making mistakes, or doing something embarrassing in social or performance situations?
Social Anxiety Group can help you learn to confront your social anxiety head-on.
WEDNESDAYS 3:00—4:30 P.M.

SUCCESS WITHOUT EXCESS & NOT QUITE LEGAL: TO DRINK OR NOT TO DRINK?
Is 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 3:00-4:15 PM

Appetite for Life
• Develop insight into your eating behavior
• Challenge negative thoughts about food, weight and body
• Improve self-esteem
Experience support from others facing similar challenges
START TIME: TBD

Personal Growth Group
Who are you, who do you want to be, and how are you going to get there?
If you are interested in self-exploration and examining social relationships and adjustment concerns, you should join the Personal Growth Group on Tuesdays 3:30-5:00 p.m.
(contact Megan Brown, Ph.D. at 574-631-7336 for more information). Remember, you are not alone so come find support in a safe environment with other students like you!

Feel Better Fast:
Help with Depression, Stress, and Sleep
Come to this 3-session up-lifting structured group based on the powerful techniques of cognitive-behavioral therapy. Each session will be educational, introduce mood-changing activities, and provide an opportunity for on-going support. Register by first scheduling an individual intake appointment before the group begins.
Mondays 4:00 – 5:00 - November 7, 14 & 21

For more group information, visit the UCC website
ucc.nd.edu

Not the Perfect Family
FAMILY = FRUSTRATION FAMILY = CHAOTIC
FAMILY = DISENGAGED FAMILY= DEMANDS
ADHD = ????????????
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.
THURSDAYS 3:30 – 4:45 PM.

Ride the WAVE with ACT!
Drowning in anxiety and worry? Rise up to ride the WAVE! Let go of your struggle with worry and anxiety so that you can focus on your values and experience. With acceptance and commitment therapy, you can Accept, Choose and Take Action toward building the life you want.
WEDNESDAYS 3:30 – 5:00 PM, Starting date: TBA

PEACE OF MIND:
The Art of Mindful Relaxation
Mindfulness is the practice of learning how to pay attention to our experience from moment to moment. We slow things down and bring full awareness to both outer activity and inner experience. Drop in - come to one or come to them all!
MONDAYS 4:00 – 5:00 PM
Saint Liam Hall - 3rd Floor Conference Room
September 19: Stress & Anxiety/Breathwork
September 26: Mindfulness/Mindful Body Scan
October 03: Mindful Eating/Mindful Movement / Guided Mindfulness Meditation

Graduate Therapy Group
This group is for students who would like to explore how long standing patterns are impacting their lives and who want to make changes. It is also for individuals who are experiencing adjustment to graduate school concerns, relationship difficulties, or loss issues and are looking for support and personal growth.
Contact Len Hickman, Ph.D. at 631-7336 for more information.
WEDNESDAYS 5:00 – 6:30 PM.

FOCUS!
"FOCUS!" is a six session group for undergraduates and graduate 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-Barkey. The group will meet weekly starting Wednesday, October 26, 2011 going until December 7, 2011 from 3:30-5:00.
WEDNESDAYS  3:30 – 5:00 PM

Approved for posting until December 01, 2011