APPETITE FOR LIFE
Do thoughts about food, weight and body image consume more of your thoughts than you would like? Do your thoughts and behaviors isolate you from friends or contribute to negative feelings about yourself? This group offers a safe place and opportunity for you to develop insight into your eating behaviors and challenge negative thoughts about food and body image. By discussing shared experiences with others in this group, members provide support to one another for change and develop greater self-awareness and self-acceptance.
DATE: TBD

GRADUATE STUDENT GROUP
This group is designed for graduate students who are looking for support as they adjust to new roles and manage new expectations, both academically and culturally. The group may also be a useful place to increase self-awareness, explore and challenge interpersonal patterns, develop new coping skills and increase confidence.
WEDNESDAYS 5:15 – 6:30 PM

INTERNATIONAL STUDENT SUPPORT GROUP
To discuss cultural, career, educational, relational and financial concerns unique to international students at 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

NOT THE PERFECT FAMILY
Does your family situation frequently involve frustration, anger, conflict, and unease? Despite how it may feel, you are not alone! Discuss this and more with other students who are trying to figure out how to cope with their family and be a sane student managing life and relationships all at the same time.
WEDNESDAYS 3:30 - 4:45 PM
GROW
Life presents challenges that lead us to re-evaluation where we stand in the world, and where we stand with others. Fear, perfectionism or low self-confidence can get in the way of becoming our best selves. GROW group provides an opportunity to meet with others who are experiencing similar challenges. If you want to develop your self-confidence, increase self-compassion and develop authentic connections with others, then GROW group is for you! If you are interested in joining, please call (574) 631-7336 to schedule a group screening appointment with Amy Spanopoulos, LCSW, LCAC.
THURSDAYS 2:00 – 3:20 PM

RIDE THE WAVE: “ACT FOR ANXIETY!”
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 PM

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? High social anxiety often leads to avoidance of social or performance situations such as talking in groups, being assertive, asking someone on a date, or making small-talk. Avoidance of such activities tends to make life less fulfilling. Social Anxiety Group can help you learn to confront your social anxiety head-on. “A second Social Anxiety Group TBD may be started if there is sufficient demand.”
WEDNESDAYS 3:20 – 4:50 PM

SUCCESS WITHOUT EXCESS
Considering how substance use and related issues are impacting you? Success without Excess helps increase safety and health as you endeavor to achieve your best self. Group members will examine current levels and impact of use, strategies to reduce use, goal setting and problem solving around challenges. Group is facilitated through a harm reduction lens and peer feedback and support are valued as integral to group process, accountability and encouragement.
FRIDAYS 3:30 – 4:30 PM
DBT SKILLS TRAINING GROUP
Do you feel that your emotional reactions to situations are too intense or extreme? Do you tend to be impulsive and your actions have unwanted consequences? Do you have a hard time sitting with uncomfortable emotions or distress? Through Dialectical Behavior Therapy (DBT) Skills Training, learn skills in mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness to become more effective in managing extreme emotions and replacing problem behaviors with skillful behaviors. Students who join this group must also be in individual counseling. If interested in joining, please contact Dr. Jamie Garvey to set up a brief screening appointment.

WEDNESDAYS  5:00 – 6:30 PM