

## Interpersonal Relationships, Self Esteem, & Well-Being

<b>Understanding Self &amp; Others</b>	Tuesdays	1:00pm-2:30pm
<b>Understanding Self &amp; Others</b>	Thursdays	1:00pm-2:30pm

*A space where students can talk about whatever is on their minds. The benefits you may gain include having an opportunity to provide and receive support, insights into how you relate to others, and skills to cultivate more meaningful relationships.*

<del><b>Graduate Student Group</b></del>	<del>Mondays</del>	<del>5:15pm-6:30pm</del>	Closed for Spring Semester
<b>Graduate Student Group</b>	Tuesdays	12:00pm-1:30pm	

*Get support in managing the intense demands of graduate work as well as general adjustment to the graduate and professional school environment. The group will emphasize the development of coping strategies and support systems as well as provide space to process and address racial and other disparities that may impact performance and a sense of belonging on campus.*

<del><b>Not the Perfect Family Group</b></del>	<del>Fridays</del>	<del>1:00pm-2:30pm</del>	Closed for Spring Semester
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*Does your family situation consist of frustration, chaos, and stress? Discuss this and more in a safe environment with other students in similar family situations. Learn how to deal with your family while also managing your personal life and relationships at the same time.*

<b>Self Compassion Group</b>	Mondays	3:00pm-4:30pm
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*An opportunity for students to learn skills for building self-compassion and to form kinder relationships with themselves. Students will explore and process essential components of self-compassion, such as mindfulness, self-kindness, and common humanity. Guided meditations, supportive discussion, journaling, and other activities will be utilized to help calm the inner critic, increase self-forgiveness, and foster self-acceptance.*

<b>Gratitude Group</b>	Fridays	10:00am-11:30am
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*Do you want to learn the secret to happiness? Would you like to lead a more grateful life? Research has shown that the practice of gratitude can improve people's mental and physical health as well as relationships with others. Learn practical strategies to cultivate gratitude in your life.*

## Navigating Anxiety Symptoms

<b>Ride the Wave: ACT for Anxiety</b>	Fridays	10:00am-11:30am
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*Navigate symptoms of anxiety through learning new techniques and skills to manage anxiety and then processing the use of these new skills. Learn and apply a variety of methods for accepting rather than avoiding anxiety, as well as exploring personal values and making choices that lead to a more meaningful life.*

<b>Social Anxiety Group</b>	Tuesdays	3:30pm-5:00pm
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*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? This group will help you learn to confront your social anxiety head-on.*

## Healing from Trauma

<b>Yoga for Healing</b>	Thursdays	5:00pm-6:30pm
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*A safe space for survivors of sexual assault that offers a form of expression that moves beyond trying to find the words to articulate how they feel. Students learn to establish safety and stability in the body, build skills and strategies for managing painful experiences, and regain power and control through mindful movement.*

<del><b>Yoga Therapy &amp; Wellness</b></del>	<del>Wednesdays</del>	<del>5:00pm-6:30pm</del>	Closed for Spring Semester
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*This group is designed to empower students to connect inward, learn to regulate emotions, slow down from the chaos, and let go. This gentle atmosphere will help students feel grounded, and balanced while focusing on meditation and mindfulness. The students are encouraged to find stability, and safety within their bodies. This yoga support group will help students in the healing process to achieve optimum health and happiness.*

## Shared Experience Groups

<b>Black Women Matter</b>	Thursdays	3:30pm-4:30pm
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*This group focuses on group members' unique experiences to explore themes of pain, joy, healing, self-worth and acceptance (love), self-discovery, shame, stigma, anger, and discrimination in the lives of Black women. This group seeks to create a safe and trusting environment, for open and honest conversations about the experiences of Black women, and facilitate empowerment and encouragement.*

<b>LGBTQIA+ Group</b>	Fridays	3:00pm-4:30pm
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*A safe place for LGBTQIA+ students to discuss feelings and thoughts about their experiences with peers. Topics may include but are not limited to: strengths, resilience, microaggressions, cultural norms, and building community.*

**Invisible Illness Group**

Fridays (ZOOM)

12:00pm - 1:00pm

*For students who have debilitating or chronic pain, constant fatigue, moderate to severe food allergies, intolerances or sensitivities, constant discomfort and/or weakness or a chronic health condition. These issues may be invisible to the outside observer, however, the internal battle faced everyday can be challenging and overwhelming at times. Knowing you're not alone can validate that you are seen in this invisible battle.*

**Grief Group**

Tuesdays

3:00pm - 4:15pm

*An opportunity for students who have experienced the death of someone important to them to talk about their experiences with grieving during college. Connect and receive support from others who "get it." Each session will have a general theme, such as exploring the uniqueness of grief, secondary losses, mindfulness, and more. Supportive discussion, poems, exercises and activities will help facilitate reflection and exploration of each member's unique grief journey.*

**Navigating Eating and/or Body Image Concerns****Eating Disorder Recovery Group**

Wednesdays

5:00pm-6:00pm

*Join other students who struggle with eating disorder behaviors and experience support for making change in behaviors and thoughts. You are not alone.*