

# DON'T MISS OUT ON THE OPPORTUNITY TO JOIN A GROUP THIS SEMSTER

## **Art Therapy Group:**

This group will focus on using art materials to assist in self-expression. **Art materials will be provided.** Participants will have the opportunity to release internal conflicts such as, anxiety, depression, anger, or low self-esteem, in a safe creative way. **You do not need to be experienced at art to be in this group, everyone is encouraged to attend.**

- This group will begin on Friday, January 31st and will continue every Friday from 1pm to 2pm and will be held in McGowan room 1073. **Please be encouraged to bring a friend.**

## **You've Got This Group:**

Are you feeling overly stressed? Do you tend to focus negatively on the past or future? Do you experience overwhelming emotions or thoughts? If so, this may be the group for you!

This 6-week group provides a way to learn strategies for decreasing anxiety and distress. A variety of skills will be taught including mindfulness, managing thoughts and feelings, and being more effective in relationships. Members often finish this group feeling less alone and with greater confidence about managing their lives, responsibilities, and relationships.

- Meeting on Wednesday February 5<sup>th</sup>, from 3pm to 4pm for 6 weeks in McGowan 1008.

## **Interpersonal Communication:**

Do you struggle with social anxiety? Would you like help with communicating with others? This group focuses on starting conversations, meeting new people and learning how to communicate better with existing friends and peers.

- Meeting on Fridays from 3pm to 4pm in McGowan room 1007, beginning February 7<sup>th</sup>

## **Body Acceptance Group:**

Time and Place: TBA

Would you like to stop the preoccupation with your shape and weight and gain a positive relationship with your body and food? In this group you will learn new ways to cope with difficult feelings without relying on food. Learn new processes to gain greater peace with your body. **This group is not for individuals diagnosed with an active eating disorder who are engaging in eating disordered behaviors.**

## **LGBTQ+ Support Group:**

Group members may identify as lesbian, gay, bisexual, transgender, gender variant, or queer, though identifying with one of these labels is **not required** for membership in the group, and to be sure, this is not an exhaustive list of the way that students may experience and talk about their gender and/or sexuality. This group is intended to be a safe space in which student members meet weekly with a group facilitator. It is an opportunity for students to explore their concerns and thoughts, receive and give support, and provide a safe setting to freely share experiences and make connections with others.

- This group will begin on Friday, February 7th and will continue every Friday from 1pm to 2pm in McGowan room 1007.