

University Counseling Center – Spring 2017 Group Opportunities

Relax. Relate. Release

Tuesdays 3:30-4:50,
Wingate 107B

This skills group is open to undergraduate and graduate students who are interested in strengthening their ability to: understand/name emotions, change unwanted emotions, reduce vulnerability to behaviors driven by emotion, and manage extreme emotions. Participants will learn and practice various skills in group while also connecting with and gaining support from their peers and group leader.

Mindful Awareness Group

Tuesdays 3:30 – 4:45
p.m.

A 4-week group beginning Feb 7. An introduction to mindfulness for graduate and undergraduate students. In this structured group, you will learn about mindfulness and how to better manage stress and anxiety. Each class will have the same format of opening practice, check in, skill training and closing. No prior experience necessary.

Eating Disorder Recovery Group

This group is for women and men in recovery from anorexia, bulimia, or binge eating disorder. The group encourages introspection through mindfulness and yoga and offers psychoeducation and peer support for sustained recovery from eating disorders.

Graduate Student Group

A group for graduate students that aims to foster increased self-awareness, connection to others, and opportunities to receive support and feedback as personal experiences are shared with peers.

For more information or to express interest in joining a group, please complete the Group Interest Form found on <http://counselingcenter.wfu.edu/counseling-services/> or call (336) 758-5273.

