

University Counseling Center – Fall 2016 Group Opportunities

Mondays

Like Water: How to Manage Stress/Anxiety

Mondays 4 – 5 p.m.,
A recurring 4-session program beginning Sept. 12, with sessions offered through Dec. 5.

This program provides a description of how our personal experiences with stress/anxiety can be explained physiologically, examples of techniques to deescalate when stress/anxiety try to overwhelm us, an examination of how negative self-talk sets us up for stress/anxiety, and tips for adopting a lifestyle that integrates better stress/anxiety management techniques

Tuesdays

Eating Disorder Recovery Group

Tuesdays 3:30 - 4:45 p.m., Sept. 20 – Dec. 6
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

Tuesdays 5:30 - 6:50 p.m., Sept. 13 - Dec. 6
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.

Wednesdays

Grief and Loss Group

Wednesdays 2 - 3:20 p.m., Oct. 19 – Nov. 30
A group co-facilitated by the UCC and Office of the Chaplain for graduate and undergraduate students who are grieving the death of a loved one. This group provides an opportunity to connect with others who have also experienced loss and to continue the grieving and healing process.

Personal Growth and Life Transitions

Wednesdays 3 - 4:30 p.m., Sept. 21 - Dec. 7
This group is designed for undergraduate students who are experiencing transition in some area of their lives, which could include beginning college or nearing graduation, loss of relationships, family issues, or other significant changes. Group members will have the opportunity to share and connect with others, explore the impact transition has had on their lives and enhance ways of coping with change.

Thursdays

Mindful Awareness Group

Thursdays 3:30 – 4:45 p.m.,
A 4-week group beginning Oct. 13
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.

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.

