

Students interested in participating in a counseling group are encouraged to call the UCC for more information. Students can also come in during Drop-In hours to discuss group counseling options and learn what group experience might best fit their needs.

Interpersonal Relationships, Self Esteem, & Well-Being

Understanding Self & Others	Tuesdays	1:00pm-2:30pm
Understanding Self & Others	Wednesdays	3:00pm-4:30pm

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.

Graduate Student Group	Mondays	5:15pm-6:30pm
Graduate Student Group	Tuesdays	12:30pm-2:00pm

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.

Not the Perfect Family Group	Fridays	1:00pm-2:30pm
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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.

Self Compassion Group	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.

Gratitude Group	Fridays	1:00pm-2:30pm
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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

Ride the Wave: ACT for Anxiety	Fridays	3:00pm-4:30pm
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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.

Social Anxiety Group	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.

Emotion Regulation

Emotion Regulation Skills Group	Mondays	5:30pm - 7:00pm
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For students who have difficulty regulating their emotions or who can't tolerate distress or discomfort without utilizing unhealthy coping behaviors. This group can help you learn new skills to better manage your emotions and respond in healthier ways to the difficulties in your life. Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness are all skills that will be learned.

Healing from Trauma

Yoga for Healing	Thursdays	4:00pm-5:30pm
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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.

Yoga Therapy & Wellness	Tuesdays	4:00pm-5:15pm
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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.

Substance Use

SMART Recovery Group

Wednesdays

3:30pm - 4:45pm

Learn tools for all stages of recovery through topic-based meetings that encourage discussion, nurture peer support and learning to apply skills to recovery. SMART builds on a 4 point program: Building and Maintaining Motivation, Coping with Urges, Managing Thoughts, Feelings and Behaviors and Living a Balanced Life.

Shared Experience Groups

Black Women Matter

Thursdays

3:30pm-4:30pm

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.

LGBTQIA+ Group

Fridays

1:00-2:30pm

A safe place for LGBTQ+ 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

Thursdays

3:30pm - 4:45pm

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.

Men's Group

Mondays

1:30pm-3:00pm

For students who self-identify as men to discuss themes associated with manhood and masculinity (e.g., shame in expressing emotions, feelings of loneliness, pressure to be strong, managing aggression, etc.). Share and listen to other men's experiences.

Navigating Eating and/or Body Image Concerns

Eating Disorder Recovery Group

Wednesdays

4:45pm-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.