**Groups at the Counseling Center – Fall 2021**

All groups are run in a virtual format via Zoom Health

**Navigating Relationship Groups**

Are you concerned about your relationships? Social anxiety? Family issues? Asking for what you need? Figuring out who you are? These weekly groups will offer a safe, confidential place to discuss these issues, with other students. The leaders will facilitate group discussions to help participants better understand themselves and their relationships with others.

Monday 1:00 PM - 2:30 PM:

Co–Facilitators: Kristin Mehr, Ph. D. & Arthur Dalton, Psy. D

Tuesday 2:00 PM -3:30 PM:

Co-Facilitators: Ken Volk, Psy. D. &. Samantha Nardi, Psy. D

Wednesday 4:00 PM – 5:30 PM:

Co-Facilitators: Liz Carper, MS. Ed., LPC & Meg Collins, Psy. D

**Stress Less Group**

This is a skills-based group designed to help students learn effective ways to manage emotions and counterproductive behaviors. Through experiential activities, discussions, and interactions with one another, students will learn how to manage everyday life struggles and they will also develop competence in managing stress, emotions and relationships.

Thursday: 10:00 – 11:30 AM

Co-Facilitators Caitlin Cassidy Psy. D. & Julien Almonte, Ph.D.

**Women's Group**

This group will focus on the shared experience of **women-identified students** who are survivors of past emotional, physical or sexual traumas that have affected the way they view themselves, their confidence, and their ability to trust others.  In a safe, supportive, and confidential environment, the group leaders will facilitate participants’ awareness of the lasting impact of unresolved feelings of past trauma.   Ways to strengthen self-esteem, bolster resilience, modulate the intensity of emotional expression, and manage safe interpersonal boundaries will be discussed.

Thursday 2:00 PM - 3:30 PM

Co-Facilitators: Judy Bijoux-Leist Psy. D., LMFT. & Bree Gould, Psy. D

**RAMS-AOD Group \***

This group is for anyone who is struggling with substance abuse or other addictive behavior and would like a safe, supportive and confidential space to talk, connect with others, and learn.  The group leader will facilitate conversations that focus on recognizing abuse and dependency, identifying ways unhealthy behaviors become addictions, and learning how to use mindfulness-based strategies as a way to safely and effectively cope with stressors.

Monday 11:00- 12:30 PM

Facilitator: Tammy Ahn Hock, MS, LPC, CAADC

*\*Not a substance abuse treatment group or a 12 steps-support meeting*