Are you concerned about...

Self-esteem? Social anxiety? Family issues?
Relationships? Asking for what you need?
Figuring out who you are?

Then you might be interested in the...

**Navigating Relationships Group**

**GROUP OPTIONS:**

Mondays 1:00 – 2:30 PM
Tuesdays 2:00 -3:30 PM
Wednesdays 4:00 – 5:30 PM

Meet virtually via Zoom

*Call 610-436-2301 or visit www.wcupa/counselingcenter*

Department of Counseling & Psychological Services

Note: the individuals above are a stock photograph and are not actual group participants
Grief and Loss Group

Designed to offer a safe and confidential place for students to discuss their experiences related to various losses in their lives

Group meets weekly in person on Fridays from 2-3:30

Department of Counseling and Psychological Services

610-436-2301

www.wcupa/counselingcenter
STRESS-LESS
WHAT TO DO WHEN LIFE IS A MESS
DBT SKILLS GROUP

Thursdays from 4:00 PM- 5:00 PM
Meeting in Person
WCU Counseling and Psychological Service

Stress-Less is a skills-based group designed to help students learn effective ways to manage emotions and counterproductive behaviors. This group will help address the needs of college students through experiential activities and discussion. The group is interactive and encourages participants practice what they learn outside the group. The goal is to better manage life as a young adult with competence and confidence in the areas of relationship, stress, emotion management, and the struggles of everyday live.

FOR MORE INFORMATION CONTACT: THE COUNSELING CENTER 610-436-2301
Women’s Group

Safe, supportive, and confidential environment
For all survivors who identify as women
Survivors include those with past emotional, physical, or sexual traumas that have affected the way they view themselves, their confidence, and their ability to trust others
The group will support members’ empowerment and growth in the areas of self-esteem, resilience, managing intense emotions, and managing safe boundaries

Group meets weekly for the entire semester
Thursdays: 2:00pm - 3:30pm
Meeting virtually via Zoom

Counseling and Psychological Services
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Better Boundaries Group

Is a friend or family member struggling with substance abuse or other addictive behavior? You’re not alone! Better Boundaries is a safe, supportive and confidential space to talk, connect with others, and learn. This group is counselor-lead and focuses on understanding addiction and its impact on loved ones, developing healthy boundaries and coping strategies, and supporting one another.

Fridays from 11 AM - 12:30 PM (in Person)
Counseling and Psychological Center
610-436-2301
https://www.wcupa.edu/_services/counselingCenter