Mood Matters
Depression and anxiety can be difficult emotions to manage. Join us to examine your emotional experiences and enhance your mood state.

Let’s Talk
Relationships can be challenging. Join us to learn ways to improve your relationship skills and better communicate your thoughts and feelings with others.

Proud To Be Me
The journey of self-discovery can be both challenging and rewarding. Come to this group for support and to support others in the LGBTQ+ community as we discuss a variety of gender and sexual identity topics.

Understanding Self and Others
Taking time to discover yourself and your relationships with others is a valuable journey. Join us to explore your personal identity and to learn to enhance your interpersonal success.

Emotional Flexibility
College years can be stressful. Join us to learn ways to “flex” your mind and mood with mindful meditation, procrastination prevention and high-tech tips for emotional wellness.

Did You Know?
• Group counseling is an effective, and sometimes a preferred, treatment option for many issues students are facing.
• Interpersonal success in group can lead to increased interpersonal success outside of group.

How Can You Benefit From Group Counseling?
• Get support from both group leaders and your peers
• Improve your sense of hope

What to Expect From Group
• Guidance—group leaders will guide and facilitate the group process to promote comfort and self-growth
• Intimacy—groups are small in size to enhance comfort level and participation

Sponsored by Counseling and Psychological Services (CAPS)

IF INTERESTED IN JOINING A GROUP, PLEASE CONTACT CAPS at 321-674-8050