Mondays
Mood Matters
Depression and anxiety can impact our sense of self and our interactions with others. Join us to examine your emotional experiences, explore your personal identity and learn to enhance your interpersonal success.

Tuesdays
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 to increase self-confidence and interpersonal success.

Wednesdays
Proud to Be Me
Come to this group for support, and to support others, with LGBTQ+ identities. Join us to discuss a variety of gender and sexual identity topics and the importance of self-acceptance and self-care.

Thursdays
Understanding Self and Others
Taking time to discover yourself and your connections to others is a valuable journey. Join us to explore your personal identity and emotional experiences and strengthen your communication and relationships.

Fridays
Emotional Flexibility
College years can be stressful. Join us to learn ways to “flex” your mind and mood with mindful meditation, reduce anxiety, and learn to gain “balance” in your life!

Did You Know?
• Group counseling is an effective, and sometimes 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 Therapy?
• Get support from both group leaders and your peers
• Improve your sense of hope

What Can You 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, contact CAPS at: 321-674-8050

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