

# Counseling Groups

## Spring 2015

All groups begin the first week of February.

### Being Your Best Self

*This counseling group will address self-care topics such as stress reduction, building self-confidence, and improving relationships, as well as other topics generated from the group members, to help develop strategies for Being Your Best Self.*

**Mondays**

**3:00-4:00**

### EmoTiOnal WellNess

*Emotional wellness inspires self-awareness and inner strength. This counseling group will focus on the ability to identify, analyze and manage emotions effectively. Skills presented will include Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance.*

**Tuesdays**

**3:30-4:45**

### SPECTRUM

*A safe and affirming counseling group for LGBTQIA students to discuss and explore issues related to sexual orientation & gender identity, as well as topics of interest such as dealing with stress, relationships & other personal concerns.*

**Thursdays**

**3:30-4:45**

### Grit Group

*Stressful life situations and events occur at various times in our lives. This counseling group helps students build up coping skills, resilience, and grit to use in responding effectively to difficult situations.*

**Wednesdays**

**11:00-12:00**



Interested in joining a confidential group?  
Please contact Counseling Services (BSC 216)  
717-361-1405 to set up a pre-group meeting.