

Counseling Groups

Spring 2016

All groups plan to begin in late January or early February.

Jay Chat

This counseling group is facilitated through on-line chat using the WebEx platform. Members have the option to remain anonymous to each other. The group will help students develop strategies for managing a variety of personal concerns.

Tuesdays
5:00 to 6:00

Students of Color

This support group for students of color serves as an outlet to explore issues related to race, ethnicity, and other topics pertaining to diversity (identity, culture, microaggressions, etc.) in order to enhance students' success at Etown. The group is facilitated by Dr. Latinia Shell.

Time/day will be set soon

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.

Time/day will be set soon

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.

Wednesdays
4:00-5:00



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