

Counseling Groups Fall 2014

1st Year Family

First year students addressing topics such as homesickness, life balance, independence, finding friends, getting involved, communication, stress management... & whatever's on your mind.

Every Other Tuesday

4:00-5:00

Beginning September 16

SPECTRUM

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

Thursdays

3:30-4:30

Beginning October 2

Being Your Best Self

This counseling group will address self-care topics such as stress reduction, building self-confidence, improving relationships with others, & issues generated from the group members, to help you develop strategies for Being Your Best Self.

Thursdays

3:00-4:00

Beginning September 25

Over the Influence

Support and information for both students who are concerned about the impact of their own alcohol/ other drug use & students concerned for friends or family who are using substances.

Every Other Tuesday

4:00-5:00

Beginning September 23

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



MENTAL HEALTH SUPPORT GROUP

Join us for supportive discussions to help students develop skills in managing personal concerns and enhancing their relationships with others.

Wednesdays

4:00-5:30

Beginning September 17