

Counseling Groups Spring 2017

All groups plan to begin in early February

Be Kind To Yourself

In BKYT you will learn how to utilize new techniques to develop your self-compassion, speak to yourself in a kinder way, utilize mindfulness skills, and process difficult emotions. Combining self-compassion and mindfulness provides you with powerful tools for emotional resilience.

**Four sessions on Tuesdays
3:30 to 4:30**

SPECTRUM

A safe and affirming counseling group for LGBTQ+ 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.

**Every other Tuesday
3:30 to 4:45**

Love+Connections

Explore your Strength's in a relationship and what you have to offer. We will discuss issues concerning both romantic and non-romantic relationships.

We are here to help and support you.
ALL are Welcome!

Wednesdays 5:00 to 6:00

Stress Solutions

*Got Stress??? Looking for solutions???
Then this is the group for you!! During group we will utilize skills, tips and discussion to de-stress your life.*

**Thursdays
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.