

# Counseling Groups

## Spring 2018

All groups plan to begin in late January or early February

### Wellness Workshops

Stop in over lunch for wellness skill building in BSC 211 on the following:

**Self-Compassion:** Jan 31, Feb 7 and 14

**Meal Mindset and Eating Disorders:** Feb 21, Feb 28, March 14, March 21

**What's Next? Wellness Transitions from College to ...:** April 18, April 25, and May 2

**Wednesdays**

**11:30 to 12:30**

### 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 4:30**

### Healthy

### Relationships

Do you have questions about how to have healthy relationships with your friends, family, and romantic partners? Not sure what people mean when they talk about "boundaries"? Want to learn some skills for resolving conflict? Come explore these questions and more in a six week group starting on Feb 15!

**Thursdays 3:30 to 4:30**

### Developing Resilience

*Join us to learn about coping strategies and resources to use when faced with stressful/painful life situations.*

*Supportive discussions will help students learn perspectives and behaviors that help foster a sense of Resilience.*

**Wednesdays**

**4:00-5:00**



**Interested?**

**Contact Counseling Services (BSC 216)**

**717-361-1405 .**