

Counseling Services Groups

Spring 2019

All groups plan to begin in early/mid February

Helpful Habits *to build your* Mental Strength

Resilience ~ Self-Compassion ~ Strategy

Optimism ~ Boundaries ~ Determination

Balance ~ Gratitude ~ Perseverance

Wednesdays, starting Feb 6
11:00 to Noon

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.

Thursdays

3:30 to 4:30

Triptych: Exploring Loss Through Art-Making

Loss—whether of a relationship, an anticipated future, or a sense of self—is often confusing, painful, and isolating. Join us as we use art to process loss and its impact.

Email melchiorj@etown.edu by Feb 6,
if interested

Tuesdays, beginning Feb.13
1:30 to 3:00

Interested in joining a Group?

**Contact Counseling Services
(BSC 216)**

717-361-1405