A pre-group meeting is required unless otherwise noted in the description. To set up this meeting or to get more information: CALL: 608.785.8073 or VISIT: 2106 Centennial Hall

PROCESS GROUPS

Personal Growth & Understanding
Mondays 1:30-3:00 PM
This therapy group is for students who are interested in gaining greater understanding of themselves, their relationships, and learning ways of relating more effectively to others. By receiving real-time feedback from other group members, personal growth and understanding can be experienced. Concerns or issues this group may explore include self-acceptance and understanding, trust, relationships, and expressing feelings. Set up a pre-group meeting with Kristen or Stephanie to learn more.

Men's Group
Thursdays 2:00-3:00 PM
This group is for male identified students looking for a place to discuss campus life, relationships, family, or friendships from a guy's perspective. Join this group for a confidential and respectful place to have these important conversations that don't always have an outlet on campus. Email Ryan McKelley (rmckelley@uwlax.edu) for more details.

Panic and Worry: A State of Mind and Body
Tuesdays 3:00-4:00 PM
We will learn what anxiety really is and how to recognize the relationship of anxiety to thoughts, feelings, and behaviors. We will then learn effective strategies to modify these patterns to improve functioning and move towards freedom and valued-living. This will be accomplished within an atmosphere of support and understanding. Set up a pre-group meeting with Randy to learn more.

Mindful Way Through Depression
Thursdays 12:00-1:00 PM
Most of us experience symptoms of depression at some point. In this group we will examine how the mind, body, and emotions work together and how to break out of the downward spiral that often accompanies depression. Each group meeting will consist of an educational component and time to practice guided meditations that group members will be encouraged to incorporate into their daily lives. Set up a pre-group meeting with Beth to learn more.

Living Social
Wednesdays 3:30-5:00 PM
This group is for students who experience social anxiety that impacts relationships, academic performance, and overall well-being. Students will learn skills for managing and ultimately reducing the anxiety they experience in different social situations. Students can also connect with one another and provide support. Set up a pre-group meeting with Liz to learn more.

Freedom from Disordered Eating
Tuesdays 9:30-11:00 AM
This program utilizes an Acceptance and Commitment Therapy (ACT) framework to address disordered eating (e.g., restricting, bingeing, purging, over exercising), and teaches emotional and behavioral skills for effective coping. Set up a pre-group meeting with Beth to learn more.

Stress Management
Fridays 1:30-2:30 PM
This is a skills-based group that will assist students in understanding stress, and coping with and managing the stress in their academic and personal lives. Through this group, students will learn to define stress, identify sources of stress, as well as learn techniques to help reduce stress and improve self care. This group will be offered towards the latter part of the semester as this tends to be a more stressful time for students. Set up a pre-group meeting with Tara to learn more.

Free Your Mind Fridays
Fridays 12:00-1:00 PM STARTING FEBRUARY 5
This skill development group can help you discover freedom from stress and anxiety by integrating “Mindfulness” theory and practice. Expect to experience relaxation and mind expansion! This is a “drop-in” group: no pre-registration or pre-group meeting required. Floor mats are provided or bring your own. Location: 3100 Centennial.

SUPPORT GROUPS

Women's Healing Group
Thursdays 3:30-4:30 PM
This group is for female identified students who have experienced sexual trauma and are feeling alone, lost, and disconnected. If this has been your experience and you are looking for assistance, join this group to receive support and connection from others who are also healing. Set up a pre-group meeting with Francie to learn more.

Trans Support Group
Day: TBD Time: TBD
This group is for students who identify in a gender-expansive way, or are exploring/questioning their gender identity, and are interested in peer support. This group will provide an opportunity to share experiences and unique perspectives in a therapeutic context. If you are interested or have questions, contact Crys Champion (cchampion@uwaxlax.edu).

Grief & Loss Support Group
Mondays 3:30-4:30 PM
This group is for students who have a loss of a family member or friend and are finding the grief process a struggle. This 6-week group (not meeting during spring break) will explore the grief process and help members explore loss, find support, and identify coping skills. Set up a pre-group meeting with Francie to learn more.

Like, Comment, Share: Student Discussion Group
Tuesdays 3:00-4:30 PM
This group is for students who wish to process current events from a culturally inclusive and socially just perspective. Each week, we will discuss a short piece of media (a video, article, or photo). Media pieces may be either things you LIKE or that make you want to COMMENT. So come and SHARE! This is a drop-in group: no pre-group meeting required. Location: 1200 Centennial

Veteran's Support Group
Date: TBD Time: TBD
This group is for student military veterans interested in peer support and an opportunity to share experiences and perspectives unique to veterans on a college campus. If you are interested or have questions, contact counselor (and veteran) Randy Kahn at rkahn@uwaxlax.edu.

ACADEMIC SKILLS WORKSHOPS

How to Excel at Math and Science
Thursdays 3:00-4:00 PM FEBRUARY 18 OR
Fridays 9:00-10:00 AM FEBRUARY 26
If you think there is only one way to solve a problem, consider attending this workshop. Find how to use both analytical skills and creative thinking to grasp math and science concepts. Pre-registration is not required. Location: TBA.

Effective Study Sessions
Wednesdays 8:00-9:00 AM FEBRUARY 3 OR
Fridays 9:00-10:00 AM FEBRUARY 19
This workshop will present a step by step approach to study sessions. The goal is to maximize the time you spend with your notes and texts. Pre-registration is not required. Location: TBA.

Test Preparation & Test Anxiety
Thursdays 3:00-4:00 PM MARCH 3 OR
Fridays 9:00-10:00 AM APRIL 29
Weeks of lecture notes, numerous test chapters, and scores of slides really add up. This workshop will offer tips on how to not only prepare for exams, but how to manage the stress on test day. Pre-registration is not required. Location: TBA.