PROCESS GROUPS

UNDERSTANDING SELF AND OTHERS
TUESDAYS 1:00-2:30 PM
This group is designed for students to explore and express their feelings and thoughts. It is not always easy to explain how we feel or what we think. This group will seek to provide a safe path for self-exploration and self-development. The group will focus on the theme of relationship issues, and group members will participate in semi-structured activities to learn more about their relationships. Members will discuss relationship problems in a supportive and healing environment. Set up a pre-group meeting with Kristen or Liz to learn more.

SKILLS GROUPS

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 Ben to learn more.

LIVING SOCIAL
MONDAYS 4:00-5:30 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.

MINDFUL EATING
WEDNESDAYS 4:30-6:00 PM
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.

PANIC AND WORRY: A STATE OF MIND AND BODY
THURSDAYS 2:00-3:00 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. Set up a pre-group meeting with Randy to learn more.

STRESS MANAGEMENT
WEDNESDAYS 3:00-4:15 PM STARTING NOVEMBER 1
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. Students will learn to define stress, identify sources of stress, learn techniques to help reduce stress, and improve self-care. Starting in November to help with this stressful time in the semester. Set up a pre-group meeting with Tom to learn more.

FREE YOUR MIND FRIDAYS
FRIDAYS 12:00-1:00 PM STARTING SEPTEMBER 1
This skill development group can help you discover freedom from stress and anxiety. 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 is a “drop-in” group; no pre-registration or pre-group meeting required. Location: 300 Centennial.

ACADEMIC SKILLS WORKSHOPS

FALL REBOOT
THURSDAY, OCT 5 3:30 PM 2106 CENTENNIAL OR 210B CENTENNIAL
If you feel your grades should be better for the time you put in studying, come to this workshop. You will learn proven strategies for effective study sessions and suggestions on how to finish the semester on a high note. No pre-registration.

TEST PREPARATION & TEST ANXIETY
WEDNESDAY, OCT 11 8:00 AM 210B CENTENNIAL OR 210A CENTENNIAL
WEDNESDAY, DEC 6 3:30 PM 210B CENTENNIAL
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.

TIME MANAGEMENT: FRIEND OR FOE
FRIDAY, SEPT 8 11:00 AM 210B CENTENNIAL OR 210A CENTENNIAL
MONDAY, SEPTEMBER 12 12:00 NOON 210B CENTENNIAL
We are all creatures of habit, especially when it comes to time management. This session will be time well spent. You will get practical suggestions on how to get your semester off to a great start. Pre-registration is not required.

SUPPORT GROUPS

WOMEN’S HEALING GROUP
TUESDAYS 3:30-4:30 PM
This group is for female identified students who have experienced sexual trauma and are finding self-evaluation, frustrated, confused, or disengaged. If this has been your experience and you are looking for assistance, join this group to receive support from others who are also dealing and learn new skills for coping with your experiences. If you are interested or have questions, set up a pre-group meeting with Francie to learn more.

TRAN 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 (championl@uwex.edu)

GRIEF & LOSS SUPPORT GROUP
THURSDAYS 4:00-5:00 PM
This group is for students who have had a loss of a family member or friend and are finding the grief process a struggle. This 6-week group 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
WEDNESDAYS 3:00-4:30 PM STARTING SEPTEMBER 20
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: 100 Centennial

VETERAN’S SUPPORT GROUP
DAY: 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 rkhain@uwlaus.edu

SUBSTANCE SUPPORT GROUP
DAY: TBD TIME: TBD
This group is for students who are struggling with alcohol and/or other drug use, and who want to change this behavior. This group is a space where students can connect and be supported by other students who understand substance concerns. If you are interested or have questions, contact Kristen Marin (kmarin@uwlax.edu)

ACADEMIC ENGAGEMENT OPPORTUNITIES

JOIN THE GROUP
UWL Counseling & Testing Center: Fall Semester 2017
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

CHECK OUT OUR RELAXATION ROOM
It’s a quiet, calm, low-light space for a timeout, a break, or even a nap. Drop-in or make an appointment. #selfcare #2106centennial