SKILLS GROUPS

GIFTS OF IMPERFECTION
TUESDAYS | NOON-1:00 PM
This book group will read chapters of the book Gifts of Imperfection by Brené Brown. Students will discuss and apply themes from the chapters, including letting go of what people think, letting go of perfectionism, and getting to the place of “being enough”. This group will focus on building self-compassion and acceptance of self. Set up a pre-group meeting with Kristen to learn more.

MINDFUL WAY THROUGH DEPRESSION
THURSDAYS | NOON-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 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 Jannalee or 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
FRIDAYS | NOON-1:30 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 | 3:00-4:15PM | STARTING MARCH 28
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 March to help with this stressful time in the semester. Set up a pre-group meeting with Tara to learn more.

FREE YOUR MIND FRIDAYS
FRIDAYS | 12:00-1:00 PM
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. Location: 3100 Centennial.

ACADEMIC SKILLS WORKSHOPS

TEST PREPARATION & TEST ANXIETY
FRIDAY, FEBRUARY 23 | 3:00-10:00 AM | 2106 CENTENNIAL OR
THURSDAY, MARCH 1 | 3:05-4:15 PM | 2106 CENTENNIAL OR
THURSDAY, APRIL 26 | 3:05-4:15 PM | 2106 CENTENNIAL OR
FRIDAY, APRIL 27 | 3:00-10:00 AM | 2106 CENTENNIAL OR
Weeks of lecture notes, numerous test chapters, and scores of slides are included. This workshop will offer tips on how to not only prepare for exams, but also how to manage the stress on test day. Pre-registration is not required.

JOIN THE GROUP
UWL Counseling & Testing Center: Spring Semester 2018
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

SUPPORT GROUPS

WOMEN’S HEALING GROUP
TUESDAYS | 4:00-5:00 PM
This group is for female-identified students who have experienced sexual trauma and are feeling alone, frustrated, confused, or discouraged. If this has been your experience and you are looking for assistance, join this group to receive support from others who are also healing 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 Drys Champion (champion@uwlax.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 8-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
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
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@uwlax.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 place 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).

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.

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CHECK OUT OUR
RELAXATION ROOM
Tucked inside 2106 Centennial is a quiet, calm, low-light space for a timeout, a break, or even a nap (loungers/pillows/blankets provided)! No appointment needed.
Drop-in to Chill-out.