JOIN THE GROUP
UWL Counseling & Testing Center: Fall Semester 2018
All groups are for STUDENTS ONLY. A pre-group meeting or pre-registration 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

WORKSHOPS & SKILLS GROUPS

PATHWAYS
VARIOUS DATES & TIMES
Pathways is an educational, interactive workshop meant to accelerate the change process. This 3 session workshop is structured with specific learning objectives, with each session building on material from the preceding session giving you immediate strategies and tools to improve your well-being. While Pathways can be helpful for students experiencing ongoing mental health concerns, such as anxiety and depression, it can also be very helpful for students who want to learn how to manage the stress of college. Set up a pre-group meeting to learn more.

MINDFUL WAY THROUGH DEPRESSION
TUESDAYS 4:00-5:00 PM
Most people experience symptoms of depression at some point. In this group, 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 Denise to learn more.

LIVING SOCIAL
MONDAYS 3:45-5:15 PM
This group is for students who experience social anxiety that impacts relationships, academic performance, and overall well-being. Learn skills for managing and ultimately reducing the anxiety people experience in different social situations. Participants can also connect with one another and provide support. Set up a pre-group meeting with Liz to learn more.

MINDFUL EATING
THURSDAYS 4:00-5:30 PM
This program addresses eating patterns that interfere with living a valued life (e.g., restricting, binging, purging, over exercising) and teaches emotional and behavioral skills for effective coping. Set up a pre-group meeting with Beth to learn more.

PANIC/WORRY: STATE OF MIND AND BODY
THURSDAYS NOON-1:00 PM
Learn what anxiety really is and how to recognize the relationship that anxiety has to our thoughts, feelings, and behaviors. 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.

SUPPORT GROUPS

GRIEF & LOSS SUPPORT GROUP
WEDNESDAYS 4:00-5:00 PM
This group is for those who wish to process current events from a culturally inclusive and socially just perspective. This is a drop-in group: no pre-group meeting or pre-registration is required. Location: 1200 Centennial.

LIKE, COMMENT, SHARE: DISCUSSION
WEDNESDAYS 3:00-4:30 PM
This group is for those who wish to process current events from a culturally inclusive and socially just perspective. This is a drop-in group: no pre-group meeting or pre-registration is required. Location: 1200 Centennial.

WOMEN’S HEALING GROUP
DAY & TIME: TO BE DETERMINED
This group is for female identified individuals who have experienced sexual trauma and are feeling alone, frustrated, confused, or disengaged. 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, contact Gretchen (greinders@uwlax.edu).

TRANS SUPPORT GROUP
DAY & TIME: TO BE DETERMINED
This group is for those 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 interested or have questions, contact Crys (cchampion@uwlax.edu).

VETERAN’S SUPPORT GROUP
DAY & TIME: TO BE DETERMINED
This group is for 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 at rkhall@uwlax.edu.

ACADEMIC SKILLS WORKSHOPS

TEST PREPARATION FOR LESS TEST ANXIETY
WEDNESDAY, OCT. 10 2:00-3:00 PM 2106 CENTENNIAL OR THURSDAY, DEC. 6 3:30-4:30 PM 2106 CENTENNIAL
Weeks of lecture notes, numerous text 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. Call or stop in to pre-register for one of the Test Prep sessions.

FALL REBOOT
THURSDAYS, OCT. 4 & 11 3:30-4:30 PM 2106 CENTENNIAL OR FRIDAYS, OCT. 5 & 12 9:00-10:00 AM 2106 CENTENNIAL
If you feel your grades should be better for the time you put in studying, come to this workshop. You will learn a step-by-step study approach for effective study sessions. Call or stop in to pre-register for one of the Fall Reboot sessions.

NO APPOINTMENT NEEDED:
LET’S TALK
MONDAYS 2:30-4:30 PM 3220 STUDENT UNION
FRIDAYS 1:00 PM 101 CENTENNIAL
Let’s Talk is a no-appointment/walk-in consultation option at locations outside of our Counseling Center. Students meet with a counselor on a first-come, first-served basis, and no topics are off limits. Check the Let’s Talk website for more information and updates.

CHECK IT OUT:
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.