WORKSHOPS & SKILLS GROUPS

PATHWAYS
VARIOUS DAYS & 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 another and provide support. Set up a pre-group meeting with Beth to learn more.

MINDFUL EATING
FRIDAYS
12:00-1:00 PM
This program addresses eating patterns that interfere with living a valued life (e.g., restricting, bingeing, purging, over exercising) and teaches emotional and behavioral skills for effective coping. Set up a pre-group meeting with Liz to learn more.

PANIC/WORRY: STATE OF MIND AND BODY
THURSDAYS
11:00 AM-1:00 PM
Learn what anxiety really is and how to recognize the relationship that anxiety has with 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.

STUDYING: QUALITY VS. QUANTITY
VARIOUS WEDNESDAYS
2:00-3:30 PM
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 approach for effective study sessions to retain more in less time. Call or stop in to pre-register for one of the sessions.

SUPPORT GROUPS

GRIEF & LOSS SUPPORT GROUP
WEDNESDAYS
3:00-4:30 PM
This group is for those 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 the many layers of loss. Find support, and identify coping skills. Set up a pre-group meeting with Francie to learn more.

LIKE, COMMENT, SHARE: DISCUSSION
WEDNESDAYS
3:00-4:00 PM
This group is for those who wish to discuss current events from a socially just perspective. This is a drop-in group; no pre-group meeting or pre-registration is required. Location: 200 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 ashamed, frustrated, confused, or disempowered. 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 (gmcluckey@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).

ACADEMIC SKILLS WORKSHOPS

TEST ANXIETY
VARIOUS WEDNESDAYS
11:00 AM-1:00 PM
Get 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 sessions.

NO APPOINTMENT NEEDED:
LET’S TALK
MONDAYS
2:30 PM-4:30 PM
3220 STUDENT UNION
11:30 AM-1:00 PM
1101 CENTENNIAL
A no appointment needed, brief, one time consultation with a CTC counselor. Let’s Talk is not a substitute for counseling or urgent care. Visit our website for more information and updates.

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.

Like, Comment, Share:
DISCUSSION