

Join the Group

UWL Counseling & Testing Center: Fall Semester 2020

All groups are for STUDENTS ONLY. A pre-group meeting or triage is required unless otherwise noted in the description.

CALL: 608.785.8073 ALL GROUPS ARE ONLINE

SKILL GROUPS

Living Social

MONDAYS 4:00-5:15 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. Contact Liz to learn more.

Coping to Calm

MONDAY 10:00-11:00AM OR
THURSDAY 3:00-4:00PM

Learn what anxiety really is and how to recognize the relationship that anxiety has to thoughts, feelings, and behaviors. Learn effective strategies to modify these patterns to improve functioning and move towards freedom and valued-living. Contact Tara or Ashley to learn more.

Mindful Way through Depression

MONDAY 1:00-2:00PM

Most people experience symptoms of depression at some point. Each group meeting will consist of an educational component and time to process use of intervention as a group to break out of the downward spiral that often accompanies depression. Contact Beck to learn more.

ACADEMIC SKILLS WORKSHOPS

Steps 2 Success

SESSION 1	MONDAYS	9/14 & 9/21	1:00-2:00 PM
SESSION 2	MONDAYS	9/28 & 10/5	1:00-2:00 PM
SESSION 3	MONDAYS	10/19 & 10/26	1:00-2:00 PM
SESSION 4	MONDAYS	11/9 & 11/16	1:00-2:00 PM

Steps 2 Success is a two-session workshop that will give you practical academic tips for use both in and out of the classroom. Sign up today for whatever session fits your schedule, or contact Charlene Holler (choller@uwlax.edu) for more information.

Let's Learn

THURSDAYS 10:00-11:30AM

Let's Learn is a chance to get a quick tip on time management, procrastination, text reading, class notes and exam preparation. Contact Charlene Holler (choller@uwlax.edu) for more information.

NO APPOINTMENT NEEDED:

Let's Talk

TUESDAYS 2:30 PM-4:30 PM
FRIDAYS 11:00 AM-1:00 PM

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.

SUPPORT GROUPS

First-Generation Student Support Group

TUESDAY 12:00-1:00PM

This group is for students identifying as among the first members of their family to attend college in the United States. You are not alone in trying to navigate the many responsibilities and challenges of obtaining a higher education. Join this support community intended to be a validating space in which to connect with peers. Contact Teresa to learn more.

Healing & Overcoming through Presence & Empowerment

WEDNESDAY 3:00-4:15PM

This group provides a safe and confidential space for survivors of sexual trauma identifying as women or on the female/feminine spectrum to meet other survivors and foster knowledge and skills for empowerment; survivors of all forms of sexual trauma are welcome. Topics commonly identified include disclosing trauma, sexual and emotional intimacy after trauma, coping strategies, self-compassion, and feeling connected to ourselves, our bodies, and others. Contact Sam to learn more.

Student of Color Focused Support Group

TUESDAY 4:00-5:00PM

We recognize that students of color experience complex concerns regarding racial and social injustice, the rigors of higher education, and systemic challenges in predominantly white institutions. This processing group is for students of color to engage in dialogue and connect with other peers while seeking support and establishing safety in a culturally humble space. Contact Amanda to learn more.

Grief & Loss Support Group

TUESDAY 2:00-3:00 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. Contact Katelyn to learn more.

COVID Support Group

WEDNESDAY 11:00-12:00 PM

We've all been impacted in big and small ways due to COVID-19. Join this open group for a space to explore challenges and changes, along with learning skills to more effectively cope with some of the stressors related to the pandemic. Contact Kelly to learn more.

GROUP WORKSHOPS

Pathways

MONDAY & WEDNESDAY 3:00-3:50 PM OR
TUESDAY & THURSDAY 3:00-3:50 PM

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 with any of our counselors to learn more.