

JOIN THE GROUP

UWL Counseling & Testing Center: Fall Semester 2019

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

CALL: 608.785.8073 or VISIT: 2106 Centennial

WORKSHOPS & SKILLS GROUPS

PATHWAYS

MONDAY & WEDNESDAY 4:00-4:50 PM OR
TUESDAY & THURSDAY 4:00-4:50 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.

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. Set up a pre-group meeting with Liz to learn more.

COPING TO CALM

TUESDAYS 12:00-1:00 PM

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. Set up a pre-group meeting with Kelly to learn more.

MINDFUL WAY THROUGH DEPRESSION

WEDNESDAYS 12:00-1:00 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 process use of intervention as a group. Set up a pre-group meeting with Beck to learn more.

MINDFUL EATING

THURSDAYS 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 Beth to learn more.

LIVE YOUR BEST LIFE: WELLNESS WORKSHOP

FRIDAYS 12:00-1:00 PM 9/27, 10/4, & 10/11 OR
FRIDAYS 12:00-1:00 PM 11/1, 11/8, & 11/15

Life is hard...learn to manage it. This 3 session skills-based workshop will assist students in coping with the stress of their academic and personal lives. Sign up today or contact Francie (fbiesanz@uwflax.edu) for more information.

SUPPORT GROUPS

GRIEF & LOSS SUPPORT GROUP

WEDNESDAYS 4:00-5:00 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. Set up a pre-group meeting with Francie to learn more.

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. Once we know availability from those interested, we will determine the day and time. If interested or have questions, stop in or call.

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@uwflax.edu).

ACADEMIC SKILLS WORKSHOPS

STEPS 2 SUCCESS

SESSION 1	MONDAYS	9/16 & 9/23	3:15-4:00 PM
SESSION 2	MONDAYS	9/30 & 10/7	3:15-4:00 PM
SESSION 3	MONDAYS	10/14 & 10/21	3:15-4:00 PM
SESSION 4	MONDAYS	10/28 & 11/4	3:15-4:00 PM
SESSION 5	MONDAYS	11/11 & 11/18	3:15-4:00 PM

Is your study time effective? Do you procrastinate? Do your grades reflect your study effort? Can you manage exam day stress? Steps 2 Success are two-session workshops to 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 (choller@uwflax.edu) for more information.

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.

NO APPOINTMENT NEEDED: LET'S TALK

TUESDAYS 2:30 PM-4:30 PM
FRIDAYS 3:20 STUDENT UNION
11:00 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.