

# UWL Counseling & Testing Center: Spring Semester 2023

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 Hall**

## Join the Group

### Coping to Calm

MONDAY 11:00 AM-12:00 PM (IN-PERSON)

Learn about the relationship between anxiety and our thoughts, feelings and behaviors along with effective strategies to modify these patterns and move towards valued living. Contact Ashley to learn more.

### Mindful Way Through Depression

WEDNESDAY 11:00 AM-12:00 PM (IN-PERSON)

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 Chad to learn more.

### Graduate Student Support Group

WEDNESDAY 1200 PM-1:00 PM (IN-PERSON)

A supportive community where graduate students can share their experiences, concerns, and offer perspective while navigating challenges.

## Pathways

**ALL PATHWAYS WORKSHOPS ARE IN-PERSON**

MONDAY & WEDNESDAY 12:00 PM-1:00 PM

MONDAY & WEDNESDAY 3:00 PM-4:00 PM

TUESDAY & THURSDAY 3:00 PM-4:00 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. Set up a triage appointment with any of our counselors to learn more. Visit [myhealth.uwlax.edu](http://myhealth.uwlax.edu) to schedule a triage

## NO APPOINTMENT NEEDED:

### Let's Talk

FRIDAYS 11:00 AM-1:00 PM 1120 CENTENNIAL HALL (CENTER FOR TRANSFORMATIVE JUSTICE)

A no appointment needed, brief, one time (15-20 minute) 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.

If group therapy interests you, or you are unsure of which group to join, your first step is to schedule a triage appointment meeting with one of the counselors.

To schedule a triage appointment call the CTC or visit [MyHealth.uwlax.edu](http://MyHealth.uwlax.edu) to schedule a triage appointment online.