Spring 2019 Groups

**Depression Support Group**
For students experiencing depressive symptoms related to 1) long-term grief  
2) ongoing disputes/disagreement with someone important in their life, 3) life changes, and 4) longstanding feelings of boredom/loneliness.

**Tuesday**
2:30pm – 4:00pm  
**Friday**
10:30am – 12:00pm

**Mindfulness Meditation & Yoga**
For students who want to practice mindfulness and learn skills to better cope with anxiety, depression and/or physical pain by drawing upon “mindful practice,” yoga, and cognitive therapy.

**Tuesday**
3:30pm – 5:00pm

**Anxiety Management Group**
For students interested in identifying maladaptive thinking patterns and learning how mindfulness and self-compassion can help cope with anxiety related distress and self-criticism.

**Monday**
10:30am –12:00pm

**CBT (Cognitive Behavioral Therapy) Group**
For students wanting to learn how to challenge unhelpful and unrealistic thoughts that negatively impact their emotions and their behaviors.

**Tuesday**
10:30am – 12:00pm

**USO (Understanding Self and Others) Group**
For students who want to relate better with others, feel more satisfied in relationships, increase their trust, form meaningful relationships, and communicate their thoughts and feeling more effectively to others.

**Monday**
12:30pm – 2:00pm  
**Thursday**
2:30pm – 4:00pm

**LGBTQ+ Support Group**
For students looking to give and accept support, share resources, and discuss topics related to sexuality, gender identity, sexual orientation, relationships, and coping with living in a heteronormative environment.

**Friday**
3:30pm – 4:30pm

**Exploring Relationships with A&D**
For students wondering whether their alcohol/drug use is problematic, want to decrease the amount/frequency of their use, and say that the consequences of their use have become worrisome or stressful.

**Monday**
2:30pm – 4:00pm

**Graduate Support Group**
For students completing their master’s or doctorate degree who are looking for mutual support and accountability to help 1) thrive and survive graduate school and 2) balance academic and personal responsibilities.

**Thursday**
10:30am – 12:00pm

**People of Color Support Group**
For both graduate and undergraduate students who identify as people of color and want a supportive space to engage in discussion, exploration and self-expression regarding challenges, complexities, and celebrations related to life at UNLV.

**Thursday**
10:30am – 11:30am