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| **LGBTQ+ Support Group**Semi-structured hybrid 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.  | **Monday****4:00 – 5:00pm**Ongoing |
| **COVID-19 Support Group**Semi-structured hybrid group for students experiencing general anxiety and/or illness-related anxiety that has been triggered or exacerbated by the COVID-19 pandemic. The focus will be on (a) understanding and processing emotions experienced during the last several weeks and (b) preparing participants for the weeks ahead. | **Thursday****11:00am – 12:00pm**10/08-11/19 |
| **Superhero Stress Management**Structured hybrid group for students wanting to (a) learn skills to manage ongoing chronic stress in healthy ways, (b) identify their own strengths, and (c) build resiliency. The group utilizes comic book characters and superhero movies and activities to discuss emotional topics such as stress response, emotional intelligence, and resilience. | **Thursday****9:30am – 11:00am**10/1-11/19 |
| **Superhero Relationship Management**Structured hybrid group for students wanting to increase/improve their ability to (a) manage emotions, (b) cultivate healthy relationships, and (c) strengthen their self-concept. The group utilizes comic book characters and superhero movies and activities to discuss relationship dynamics, effective communication, and emotional regulation. | **Thursday****2:00 – 3:00pm**10/1-11/19 |
| **Mindfulness Meditation & Yoga**Structured skills-based group for students wanting to better manage their emotional distress through practices of yoga and mindfulness. The group teaches skills to better cope with depression, stress, and/or physical pain. | **Tuesday****3:00 – 4:30pm**9/15-10/1310/20-11/17 |
| **CBT (Cognitive Behavioral Therapy) Group**Structured psychoeducation group for students wanting to identify how negative and self-deprecating thoughts impact emotions and behaviors. The group helps students identify triggers for distress and teaches strategies to challenge unrealistic thoughts. | **Tuesday****9:00 - 10:30am**9/15-10/1310/20-11/17 |
| **Mindful Self-Compassion Group** The goal of the Mindful Self Compassion therapy group is to help students navigate the complexities of being human by developing compassion for oneself and others. Compassion is recognizing suffering combined with motivation to reduce that suffering. This group will explore how to let go of resistance, how to develop loving kindness for yourself and others, how to engage with difficult emotions, and how to navigate relationships and boundaries all within a compassionate framework. This group would likely benefit most students but would especially help students high in self-criticism and shame. | **Thursday****1:00 - 2:30pm**10/15-11/12 |