Group: Mindful Monday  
Day & Time: Mondays, 12-12:45PM  
Facilitator: Kara Britzman & Kristen Wilkinson  
A 45 minute, weekly drop in group focused on Mindfulness Meditation, relaxation and stress reduction. All are welcome.

Group: Men Speaking with Men  
Day & Time: Tuesdays, 10:30-12:00PM  
Facilitators: Mark Matuszewski  
It's challenging to be a man in all of the roles we may have: student, son, father, brother, uncle, nephew, friend, boyfriend, partner, worker, boss, and self to name a few. This group is for men who want to discuss identity and relationship issues from a male perspective, listen to other men, offer feedback, learn from, and support each other.

Group: Sink or Swim: Managing Anxiety & Stress  
Day & Time: Wednesdays, 2-3:30PM  
Facilitators: Billie Cali & Tao Liu  
This group is semi-structured and will include information on how to understand and manage anxiety. Come learn how to reduce anxiety by working on the mind-body connection. This will include learning about physical relaxation techniques, as well as cognitive strategies to untwist negative and unhelpful thinking that feeds anxiety. Another aspect of the group will be providing a supportive space to talk about experiences with anxiety and ways to cope.

Group: Better for You, Better for Relationships  
Day & Time: Wednesdays, 3-4:30PM  
Facilitators: Mark Matuszewski & Dorrie Ferguson  
This general therapy group is designed to provide a safe and supportive space for students to gain a deeper awareness of both themselves and their interactions with others. Students are encouraged to explore their feelings, give and receive honest feedback, and practice new, healthier ways of relating to others. There is great potential and power for individual change when you actively participate in group therapy.

Group: Understanding Yourself and Others  
Day & Time: Thursdays, 2:30-4PM  
Facilitators: Tim Paquette & Sara Wiggin  
This group provides a safe and supportive place for students to address their concerns and enhance their connections with others. Group members will help each other discuss the concerns that bring them to counseling and take steps to make changes. The group offers an opportunity to openly share your thoughts and feelings, and work on goals to better understand yourself and others.
Group: General Process Group  
Day & Time: Thursdays, 1:30-3:00PM  
Facilitators: Shiraz Tata & Carolyn Versical  
This general therapy group is designed to provide a safe and supportive space for students to gain a deeper awareness of both themselves and their interactions with others. Students are encouraged to explore their feelings, give and receive honest feedback, and practice new, healthier ways of relating to others.

Group: Transpire  
Day & Time: Fridays, 2:30-4:00PM  
Facilitators: Kara Britzman  
This group is for students who identify on the transgender spectrum and are willing to share and support others on the journey in a confidential and safe environment.

Group: Women Empowering Women  
Day & Time: Fridays, 2:30-4PM  
Facilitators: Erica Wade & Sara Turner  
Women Empowering Women will create a safe space for women to focus on concerns related to trauma, interpersonal relationships, family histories, and all forms of oppression. The goal of the group is to have women support one another as they share their own experiences and struggles.

Group: Anger Workshop  
Day & Time: October 29th and November 5th, 6:30-9PM, Campus Life Building 100  
Facilitators: Mark Matuszewski & Erica Wade  
Are you concerned about how anger impacts you and your relationships? This workshop is intended to help you learn more about yourself, anger and how to reduce anger in your life. It consists of 2, two and one-half hour sessions, which include experiential, didactic, and participatory components.

Group: Let’s Do Wellness  
Day & Time: Dates to be announced  
Facilitators: Erica Wade, Jennifer Kestner, Lindsey Miller, Megan Noren  
This group is for students who are interested in learning and doing activities to better understand their emotions, effectively incorporate strategies for self-care, communicate their needs, and strengthen relationships with others.