

## **Groups at the NIU Counseling & Student Development Center Fall Semester 2009**

**Group:** Communications Group (By referral only)  
**Day & Time:** Mondays, 4:30 - 6 pm, Starts 9/21/09  
**Facilitator:** Kimberly Cecil & Amanda McCarthy (Rehab Counseling Faculty)

The Communications Group is designed to help students with difficulties in communication to learn and practice new social and life skills in a safe and supportive environment. The group will be highly structured at first in order to facilitate participation. The group commitment is for the initial 5 weeks, and the group members will determine their preferences for an ongoing commitment. New members may be allowed to join as the next session begins. Topics will include: meeting people, approaching people for help, non-verbal communication, breakdowns in communication, and other topics of interest that arise from students.

**Group:** Men are Good  
**Day & Time:** Tuesdays, 11 am – 12:30 pm  
**Facilitator:** Mark Matuszewski & Ed Neumann

A group of men meeting in a safe, open and male-centered manner to: explore our self-concepts and our ever developing male identities; share our understandings of what it means to be men in families, romantic relationships, friendships, and the world at large; and listen to, learn from, and support each other.

**Group:** Emotional Health Series  
**Day & Time:** Wednesdays, 11am-12:30 pm  
**Facilitator:** Fabiola Montiel & Alexis Clarke

The Emotional Health Series is a structured group to help students will increase their ability to manage their emotions, to effectively communicate their emotional needs, develop strategies for self-care and to strengthen their relationships with others. A new series will begin late January 2009.

**Group:** Finding your voice...the journey towards empowerment  
**Day & Time:** Wednesdays, 1-2:30 pm  
**Facilitator:** Joy Mutinda & Yoshiko Sawada

The group will focus on issues related to identity, anger, family of origin, trauma experiences, interpersonal relationships, academic stresses, and all forms of oppression. The goal of this group is to help women of color feel supported and empowered.

**Group:** Body Esteem Group  
**Day & Time:** Wednesdays, 2:30 – 4PM  
**Facilitators:** Anne Kubal & Fabiola Montiel

The Body Esteem group is designed to help women make peace with their bodies, and address body image and self-confidence issues through an exploration of identity, relationships, self-care, and healthy coping behaviors. Body esteem, or body image, is closely linked to overall self-esteem and self-confidence. Body esteem is impacted by relationships, life experiences, physical well-being and emotional well-being. This group provides an opportunity to explore the interconnectedness of these areas of one's life in a safe, nonjudgmental space.

**Group:** Breaking the Cycle  
**Day & Time:** Thursdays, 10:30 am – 12 noon  
**Facilitator:** Carolyn Bershada & Alexis Clarke

In a supportive and confidential environment, participants will explore difficult current relationship patterns that may result from growing up with a family member who has/had an addiction (e.g., alcoholism, drugs, gambling,

workaholism), a mental illness, or other unpredictable behavior. Common relationship struggles addressed may include difficulties with trust and boundaries, self-criticism, control issues, over-caretaking, and fears of abandonment and intimacy.

**Group:** Relationship Enhancement  
**Day & Time:** Thursdays, 10:30 am – 12 noon  
**Facilitators:** Tim Paquette & Kim Baldwin

This group provides a safe and supportive place for students to explore their interpersonal concerns and identify ways to enhance their relationships. Group members will help each other address relationship problems with significant others, friends, roommates, and others. The group offers an opportunity to learn more about how you relate to others and how to utilize this awareness to make changes that can lead to more healthy and satisfying relationships.

**Group:** Healing Huskies  
**Day & Time:** Thursdays, 1-2:30 pm  
**Facilitators:** Shiraz Tata & Sandra Carey

This group will provide a safe place for students to express their thoughts and feelings about losses in life, while learning ways to be aware of one's emotional and physical needs while dealing with grief and loss.

**Group:** Spectrum  
**Day & Time:** Thursdays, 1-2:30 PM  
**Facilitator:** Joy Mutinda

Spectrum is an inclusive and affirming group designed to be safe and supportive to lesbian, gay, bisexual, transgendered, queer, questioning and curious students. Members will be provided opportunities for personal exploration and growth around topics of relationships, identity, social concerns and emotional well-being while gaining and providing peer support.

**Group:** Balancing Parenting and Student Life  
**Day & Time:** Thursdays, 6:30 -8 PM  
**Facilitator:** Diane Pospisil-Kinney

This group meets at the Northern View Community Center, and is for NIU students who are parents and who have custody of their children for at least 50% of the time. Please refer the student to the group leader for more information.