**FALL 2018 WORKSHOP & GROUP SCHEDULE**

Students come see us at the Counseling Center for help with a number of experiences and concerns. If you have found that you are struggling with any of the items below, workshops or group therapy would be a great opportunity for you to connect with others who share similar experiences and learn life hacks and pro-tips to help build resilience while working through trying times.

- Depression
- Loss of motivation
- Low self-esteem
- Homesickness
- Difficulty expressing your thoughts and feelings
- Struggles with making, and keeping, friends
- Finding it hard to communicate with others
- Feeling isolated or alone; not being connected to others on campus
- Family Problems
- Anxiety
- Stress Management
- Anger Management
- Problems with procrastination
- Poor academic performance
- Sleep Difficulties
- Decision-Making
- Time Management
- Learning how to be independent

**Workshops—**

- Life Pro-Tips: This 4 week workshop will provide you with pro-tips that will help you better manage your thoughts and feelings in order to help you overcome the day to day challenges in life.
  
  **Mondays 4-5PM; begins 9/10/18**

- Building Resiliency: This 4 week workshop will provide you with the opportunity to learn and practice useful skills to empower you and to help you build resilience when things feel out of control.
  
  **Mondays 3-4PM; begins 9/10/18**

**Groups—**

- Understanding Self & Others: This group will be meeting weekly throughout the semester and will include discussions surrounding topics like depression, anxiety, and family issues. You are not alone and this group can help you find the support of others who share in some of your experiences.
  
  **Mondays 1-2:30 PM (begins 9/10/18); Wednesdays 1-2:30 & 3-4:30PM (beings 9/12/18)**

- Surviving & Thriving: This group will be meeting weekly throughout the semester and will provide a safe and supportive place for women who are survivors of sexual assault to come together, share their experiences, and find ways to cope.
  
  **Start date & time to be announced soon**

- Safe Haven: This group will be meeting weekly throughout the semester and will provide a safe space for members of the LGBTQAI+ community to discuss shared experiences and offer support to one another.
  
  **Tuesdays 2-3:30PM; begins 9/11**

- Weight Not, Want Not: This group will be meeting weekly throughout the semester and will provide a supportive environment for women with eating disorders and/or body image struggles to find ways to cope.
  
  **Start date & time to be announced soon**