Outreach Workshop Programming

The Counseling Center will be offering several outreach workshop opportunities that are available to all Ball State students who are currently residing in Indiana. These programs are not therapy, but do provide psycho-education and skill building resources that can assist in building resiliency and improving your ability to cope with stressful situations. In order to participate in these groups, you must sign-up so that you will receive the WebEx/Zoom invitation to attend the programs. You may sign-up for one, or more, of our programs using the following link: https://bsu.qualtrics.com/jfe/form/SV_bHrBV28XwW7iFpz. This link is also available on the Counseling Center website on our Outreach page. Below is information regarding the outreach group programming for fall.

Outreach Workshop Series—
This Outreach Workshop Series is a DBT informed series that focuses on building healthy coping skills. The Series will have four parts: Building Resiliency, Mindfulness, Owning Your Ups & Downs and Healthy Communication. Students can join at the start of any of the four parts. There will be two sections offered for each part of the series. You will only need to sign up for one section of each program. Below are the days/times that the series programs will occur:

- **Building Resiliency**—Tuesdays at 2PM, 9/8/20 – 9/22/20  
  Fridays at 2PM, 11/20/20 – 12/4/20
- **Mindfulness**—Tuesdays at 2PM, 9/29/20 – 10/13/20  
  Fridays at 2PM, 10/30/20 – 11/13/20
- **Owning Your Ups & Downs**—Fridays at 2PM, 10/2/20 – 10/23/20  
  Tuesdays at 2PM, 10/20/20 – 11/10/20
- **Healthy Communication**—Fridays at 2PM, 9/11/20 – 9/25/20  
  Tuesdays at 2PM, 11/17/20 – 12/1/20

Stress Less Support Group—
Stress Less is a weekly support group that will provide a space for students to come, share their experiences, learn healthy coping skills that can help better manage stress, and help students feel a bit more connected to others during this time of physically distancing and increased isolation. At the end of each program, participants will leave the experience with an Action Plan to help provide them with some guidance on how to implement learned skills and utilize resources moving forward. Students can sign-up at any time during the semester to participate. Below are the days/times that the programs will occur (students will only participate in one section):

- **Section 1**—Mondays at 3PM, starting 9/14/20
- **Section 2**—Thursdays at 4PM; starting 9/17/20