



**BALL STATE
UNIVERSITY**

Outreach Workshop & Support Groups Programming

The Counseling Center will be offering several workshop and support group 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, skill building, and support resources that can assist in building resiliency and improving your ability to cope with stressful situations.

You **MUST SIGN UP** to participate in any of the outreach workshops or outreach groups:
https://bsu.qualtrics.com/jfe/form/SV_bHrBV2BXwW7iFpz.

Outreach Workshop Series—

These Outreach Workshop Series are focused on building healthy coping skills. Students can join at the start of any of these workshops. Below are the days/times that workshops will occur:

- Building Resiliency— Thursdays at 3PM (2/04 – 2/18); Mondays at 4PM (4/16 – 4/30)
- Mindfulness— Thursdays at 3PM (2/25 – 3/11); Fridays at 2PM (3/26 – 4/09)
- Owning Your Ups & Downs— Fridays at 2PM (2/26 – 3/19); Tuesdays at 2PM (3/16 -4/06)
- Healthy Communication— Fridays at 2PM (2/05 – 2/19); Tuesdays at 2PM (4/13 – 4/27)
- Stress Less— Weekly, Mondays at 3PM (starting 2/1)

Outreach Support Groups—

The Counseling Center is now offering TWO online support groups.

- “Voices: Race & Ethnicity Support Group”—Biweekly, Thursdays at 3PM
This group offers a safe space for students of color on campus to come together, share their experiences, and find ways to cope while offering support to others and will be led by persons of color.
- Self-Esteem—Weekly, Thursdays at 2PM (starting 2/4)
This group will provide both support and psychoeducation regarding how to better understand and improve your self-esteem and self-worth. This group will be offered weekly and will be held on Thursdays at 2:00PM throughout the semester.