Process Groups

In order to participate in a Process Group, a student must complete a Personal Planning Appointment or be an already established client within our Center. If you are not a client and need to schedule a Personal Planning Appointment in order to participate in a process group, please contact the Counseling Center at (765) 285-1736. Below are a list of the process groups that will be offered for the fall semester.

Understanding Self & Others—Section 1: Mondays at 3PM; Section 2: Thursdays at 1PM; start dates will be announced soon (clients will participate in only one section)

This group will meet 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.

Safe Haven—Wednesdays at 3PM; start date to be announced soon

This group will meet weekly throughout the semester and will provide a safe space for members of the LGBTQAI+ community to discuss shared experiences and offer support.

Loss & Grief—Thursdays at 3PM; start date to be announced soon

This group will meet weekly throughout the semester and will provide a supportive environment that includes discussion about normal grief and loss and the tasks involved in the grieving process.

Weight Not, Want Not—day, time, and start date will be announced soon

This group will meet weekly throughout the semester and will provide a supportive environment for women with eating disorders and/or body image struggles to find a way to cope.