



**BALL STATE  
UNIVERSITY**

## *Therapy Groups*

In order to participate in a Therapy Group (sometimes called Process Group) at the Counseling Center, a student must complete a Personal Planning Appointment (PPA) or be an ongoing client of the Center. If you are not a client and need to schedule a PPA, please contact the Counseling Center at (765) 285-1736. If you are already a client, talk to your therapist about which group is right for you. Below are a list of the therapy groups that will be offered for Spring 2021.

### **Understanding Self & Others—Thursdays at 1PM OR Fridays at 1PM**

*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.*

### **Understanding Self & Others for Graduate/Non-Traditional Students—Wednesdays at 2PM**

*This group will meet weekly throughout the semester and is designed to provide space for graduate and non-traditional aged students to come together and find support in shared experiences.*

### **Safe Haven—Wednesdays at 4PM**

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

### **Weight Not, Want Not—Thursdays at 11AM**

*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.*