**Groups at the Counseling Center – Spring 2023**

*\*All groups will take place in person at the Counseling Center\**

**Navigating Relationship Groups**

Are you concerned about your relationships? Social anxiety? Family issues? Asking for what you need? Figuring out who you are? These weekly groups will offer a safe, confidential place to discuss these issues, with other students. The leaders will facilitate group discussions to help participants better understand themselves and their relationships with others.

Monday 1:00 PM – 2:30 PM:

Co–Facilitators: Ken Volk, PsyD & Sonja Sepkowitz

Tuesday 4:00 PM – 5:30 PM:

Facilitator: Meg Hoffer-Collins, PsyD

Wednesday 2:00 PM – 3:30 PM:

Co-Facilitators: Stephanie Sibley, PsyD & Stephanie Marando-Blanck

**Stress Less Group**

This is a skills-based group designed to help students learn effective ways to manage emotions and counterproductive behaviors. Through experiential activities, discussions, and interactions with one another, students will learn how to manage everyday life struggles and they will also develop competence in managing stress, emotions and relationships.

Thursday: 4:00 PM – 5:30 PM

Facilitator: Tammy Ahn Hock, MS, LPC, CAADC

**Women's Group**

This group will focus on the shared experience of **women-identified students** who are survivors of past emotional, physical or sexual traumas that have affected the way they view themselves, their confidence, and their ability to trust others.  In a safe, supportive, and confidential environment, the group leaders will facilitate participants’ awareness of the lasting impact of unresolved feelings of past trauma.   Ways to strengthen self-esteem, bolster resilience, modulate the intensity of emotional expression, and manage safe interpersonal boundaries will be discussed.

Thursday 2:00 PM – 3:30 PM

Co-Facilitators: Judy Bijoux-Leist PsyD, LMFT & Bree Gould, PsyD

**Grief Group**

This group is designed to provide a safe and confidential place where students can discuss their experiences related to significant losses in their lives. Co-facilitators will guide sessions and encourage students to support one another while processing emotions associated with grief and loss.

Friday 1:00 PM – 2:30 PM

Co-Facilitators: Sam Nardi, PsyD & Arthur Dalton, PsyD