

Therapy groups are highly effective for addressing mental health and other personal concerns. Talk to a clinician and ask about our group counseling program to get connected and learn more.

Want to learn more about yourself and discover new ways to relate to or interact with others? This group provides the opportunity for diverse group members to meet their goals by providing and receiving honest feedback. Topics vary from week to week depending on group members' needs.

- **Z** 3:00-4:30pm (Graduate student focus), **M**
- **Z** 3:00-4:30pm, SVC 2124
- **Z** 1:30-3:00pm, SVC 2124

This group provides support for lesbian, gay, bisexual, transgender, non-binary, queer, or questioning (LGBTQ+) students. Members offer support to each other, provide feedback, explore intimacy and self-esteem issues, develop insight, and increase self-confidence. Topics are based on current group member concerns, with common issues related to self-identification, intersectionality, transition, coming out, dating, family, and religion.

- **Z** 1:30-3:00pm, SVC 2124

Are you grieving the death of a loved one or anticipating the loss of someone terminally ill? Have you experienced loss in other ways such as loss of relationship, divorce, loss to addiction, etc.? This support space will assist students in coping with the bereavement experience, creating comfortable ways to discuss their feelings and making new ways to honor their relationships.

- **Z** 1:30-3:00pm, SVC 2124

This workshop series focuses on ways to cope and regulate stress and emotions, live in the present moment,

- Create a disclosure story
- Learn about the disclosure decision process
-



For reasonable accommodations, please contact Lashley Marks at 813-974-2831

