

Counseling Groups

Fall 2015

All groups plan to begin in September.

Being Your Best Self

This counseling group will address self-care topics such as stress reduction, building self-confidence, and improving relationships, as well as other topics generated from the group members, to help develop strategies for Being Your Best Self.

Wednesdays
4:00-5:00

Fearless

Come explore self-esteem, self-compassion and self-acceptance. Embark on a journey of confidence building....

You have the fearless courage it takes to improve thoughts, feelings and opinions you have about yourself.

Thursdays
3:30-4:30

SPECTRUM

A safe and affirming counseling group for LGBTQIA students to discuss and explore issues related to sexual orientation & gender identity, as well as topics of interests such as dealing with stress, relationships & other personal concerns.

Thursdays
3:30-4:45

Healthy Relationships

Are you looking for ways to improve your relationships with romantic partners, family members, and/or friends? Supportive discussions will include topics such as characteristics of healthy and unhealthy relationships, and how to develop more satisfying relationships.

Tuesdays
1:00-2:00



Interested in joining a confidential group?
Please contact Counseling Services (BSC 216)
717-361-1405 to set up a pre-group meeting.