WHAT IS GROUP THERAPY?
Highly effective treatment option
Works well for interpersonal difficulties
About 5-9 students meet weekly for Telemental Health for 90 minute sessions
Groups may be structured, unstructured, or a mix

HOW CAN I JOIN GROUP THERAPY?
Schedule an initial assessment
Talk about your interest in group
Schedule a screening with the group facilitator
Ask questions about the group

ADHD Coaching and Support — Wednesdays, 1:00-2:30
Anxiety Support and Process — Tuesdays, 1:00-2:30
Autism Connections — Mondays, 1:00-2:30
Black Empowerment — Mondays, 1:00-2:30 or Tuesdays, 3:00-4:30
Body Wellness — Thursdays, 11:00-12:30
Building Social Confidence — Wednesdays, 2:30-4:00
College Acculturation — Mondays, 1:00-2:30
Depression Support and Process — Tuesdays, 2:00-3:30
Empowering Asian Voices — Tuesdays, 1:00-2:30
Empowerment Through Music — Thursdays, 10:30-12:00
Emotion Health Management — Thursdays, 10:30-12:00
Everyday Mindfulness — Mondays, 2:00-3:30 or Wednesdays, 10:30-12:00
Graduate Connections — Wednesdays, 3:00-4:30
Grief and Loss — Thursdays, 1:00-2:30
Health Support — Thursdays, 1:00-2:30
I Thought it Was Me — Thursdays, 3:00-4:30 or Fridays, 10:00-11:30
Men's Group — Thursdays, 3:00-4:30
Mid-Semester Motivation — Tuesdays, 3:00-4:30
Racial Healing Group — Tuesdays, 1:00-2:30
Relationships Group — Fridays, 10:00-11:30
Seeking Safety — Mondays, 2:00-3:30
Self-Compassion — Wednesdays, 2:30-4:00 or Fridays, 10:00-11:30
Sister Circle — Mondays, 3:00-4:30

TAO Anxiety — Tuesdays, 10:00-11:30

Trans/Gender Diverse Empowerment — Tuesdays, 1:00-2:30 or Thursdays, 11:00-12:30

True Colors — Thursdays, 1:00-2:30

Understanding Self and Others — Tuesdays, 2:00-3:30 or Wednesdays, 1:00-2:30 or Wednesdays, 3:00-4:30

Women and Relationships — Wednesdays, 10:30-12:00

Women's Empowerment — Tuesdays, 3:00-4:30

Women's Family — Tuesdays, 10:00-11:30

Women's Understanding Self and Others — Mondays, 10:30-12:00

Participating in any of these therapy groups requires that you first have a telemental health appointment with the group facilitator. For questions about accessibility or to request an accommodation, please contact us at 407-823-2811.