

Monday

General Therapy

2:30–4:00pm | Begins 9/23
First time arrive at 2:00pm
Leaders: Monica & Matt

General Therapy

10:30am–12:00pm | Begins 10/7
First time arrive at 10:00am
Leaders: Melissa & Abraham

Laker Brothers

4:00–5:00pm | Begins 10/28
Leader: Philip

Adult Child of Alcoholic (ACOA)

10:30am–12:00pm | Begins 9/30
Leader: Bonnie

Body Image

10:30am–12:00pm | Begins 10/7
Leaders: Nicole & Lauren

How to Worry Well

4:00–5:00pm | Begins 9/23
Leader: Philip

Social Anxiety

2:00–3:30pm | Begins 10/7
Leaders: Les & Brian

Art Therapy

1:00–2:00pm | Begins 11/4
Leader: Dayna

Stress Management

4:00–5:00pm | Begins 9/16
Leader: Eric

Tuesday

General Therapy

3:30–5:00pm | Begins 10/1
First time arrive at 3:00pm
Leaders: Michelle & Dominic

LGBTQ Therapy

3:30–5:00pm | Begins 9/17
Leader: Melissa

Drugs & Alcohol: Change Your Use

1:00–2:30pm | Begins 10/1
Leader: Bonnie

Grief Support

1:00–2:00pm | Begins 10/29
Leaders: Les & Kirsten

How to Worry Well

11:00am–12:00pm | Begins 9/17
Leader: Abraham

How to Worry Well

3:00–4:00pm | Begins 10/29
Leader: Abraham

Managing Your Depression

4:00–5:00pm | Begins 10/29
Leaders: Kathy & Abraham

Stress Management

11:00am–12:00pm | Begins 11/5
Leader: Eric

Wednesday

General Therapy

2:30–4:00pm | Begins 9/25
First time arrive at 2:00pm
Leaders: Eric & Stephanie

LGBTQ Therapy

3:30–5:00pm | Begins 9/11
Leader: Nicole

Black Voices

11:30am–1:00pm | Begins 9/25
Leader: Latrece

Everyday Emotions

4:00–5:00pm | Begins 10/2
Leaders: Beth & Kaeleigh

Everyday Emotions

2:00–3:00pm | Begins 10/30
Leaders: Beth & Kirsten

Self-Compassion

11:00am–12:00pm | Begins 10/2
Leader: Monica

Stress Management

4:00–5:00pm | Begins 9/18
Leader: Philip

Thursday

General Therapy

3:30–5:00pm | Begins 9/26
First time arrive at 3:00pm
Leaders: Les & Vanessa

Circle of Support

3:00–4:30pm | Begins 10/3
Leaders: Pam & Amber

How to Worry Well

2:00–3:00pm | Begins 10/24
Leader: Abraham

Stress Management

12:00–1:00pm | Begins 10/17
Leader: Michelle

Stress Management

1:00–2:00pm | Begins 11/7
Leader: Philip

Friday

How to Worry Well

11:00am–12:00pm | Begins 10/4
Leader: Abraham

How to Worry Well

11:00am–12:00pm | Begins 11/8
Leader: Abraham

Stress Management

11:00am–12:00pm | Begins 11/8
Leader: Nick

Drop-in

Breath and Relax

Mondays, 9/9–12/9
12:00pm–1:00pm

First Year Success: Adjusting, Coping, Thriving

1:00pm: 8/27, 8/29, 9/3, 9/12
11:00am: 9/9, 9/16
4:00pm: 9/5, 9/19

Fall GROUP



Adult Children of Alcoholics

This group is for individuals who grew up in an alcoholic or otherwise dysfunctional environment and as a result may feel different than others. If you have trouble managing your feelings; have difficulty with relationships or meeting your own needs, this group may be for you. Topics will address learning healthy coping and healing.

Black Voices

This confidential support/discussion group is open to African American students who want the opportunity to dialogue about their experiences and their personal/professional goals. This group aims to create a community in which students feel empowered to explore and address life challenges. If you are interested in being part of this group, call the counseling center to schedule a 30-minute consultation with the group leader. The consultation is an opportunity to explore your interests, concerns, and answer any questions you may have about the group.

Art Therapy

This group offers the opportunity to use art to express and process your feelings and experiences. Each week will consist of a prompt to begin the art-making process; the group is not about the artistic value of the end product but the process of translating inner experiences into visual art. Although no prior artistic background or skill is needed, students should be willing to take risks expressing themselves artistically. Art materials will be provided, and students may choose to keep their art or leave it at the center.

Body Image

This group will help students improve and understand the relationship between their minds, bodies, and emotions in a supportive environment. Topics discussed will include understanding body image, healthy and unhealthy eating, the relationship between stress and eating, and coping with body image concerns in a healthy way.

Circle of Support

This group is for survivors of sexual trauma who want to come together to feel supported, validated, and empowered. During the healing process, many people find that they experience shock, confusion, denial, fear, and anger. In this group you will be able to explore these feelings in a safe, supportive environment. Topics discussed will include coping skills, emotions, social support, and societal messages about sexual trauma. Sharing personal experiences is not required and is subject to the comfort level of each group member. Prior to starting group, students will be scheduled for a brief individual consultation with a group leader to explore goals and answer any questions.

Managing Your Depression

This group will help you develop strategies to manage your depression. We will provide assessments each week which will explore the unique aspects contributing to each group member's distress. We will also explore mind-body types, as well as incorporate lifestyle changes to help maintain a healthy balance.

Drugs & Alcohol: Change Your Use

This is a supportive and non-judgmental group for students who would like to explore their alcohol or other drug use. Students attending this group may range from those actively in recovery to those exploring whether or not they have a problem. The group is tailored to the individual needs of the students and may include education regarding medical aspects of mood-altering substance use, how to develop sober supports, relationships in recovery, strategies for coping with life stressors without the use of substances, etc....

General Therapy

Our general therapy group is not topic-based and open to a variety of students with diverse concerns. This type of group can be a good fit if you are interested in experimenting with new thoughts, behaviors, and social skills. Group members share common concerns as well as individual issues.

Grief Support

This support group is for those who would like to explore their experiences with the death of a loved one or significant other. This group allows exploration of thoughts, feelings, and reactions to grief in a safe environment. Sharing personal experiences is not required and is subject to the comfort level of each group member. It is strongly encouraged that group members feel open to others' experiences and the discussions of grief in this group. This group will meet for six (6) weeks during the semester and group members are strongly encouraged to commit to attending each week.

How to Worry Well

This experience-based group helps you learn skills to manage your anxiety, depression, and stress. One of the highlights of this group is the emphasis on learning breathing and relaxation skills that are found to be helpful in improving overall mentality as well as physical health. Another highlight of our group is the emphasis on addressing problematic thinking that interferes with personal and academic performances. This group also explores various skills and information that may help you manage your distress.

Laker Brothers

This confidential group is a place for college men to come together and share their experiences while exploring how they define and personally identify with healthy masculinity. Meetings will be used for creating connections, discussing general/personal men's issues topics, and offering support as we share about ourselves.

Self-Compassion

This group focuses on decreasing self-criticism, creating authenticity in relationships, and improving self-compassion. If you feel like you are never good enough and you spend a lot of time and energy pleasing others at the cost of yourself, this group's aim is to help you be more self-accepting. You will learn how to utilize mindfulness techniques and critical thinking to build awareness and enhance compassion towards others and yourself.

LGBTQ Therapy

This confidential group is open to registered GVSU students who identify as Lesbian, Gay, Bisexual, Trans*, Queer or who may be questioning their sexual identity. This group aims to be a normalizing experience for each member. We explore many factors that may be affecting our identity such as: stereotypes, family, religion, meeting others, and many more. The focus of the group really depends on the needs of the group. This is not a "coming out" group, but there may be members who are in this process. There also may be members who have been "out" for years, but would like this opportunity to explore and share experiences/challenges with others sharing a similar identity. Overall, this group will help students figure out "where they fit in." If interested, contact our office to schedule a short meeting so we can see if the group is a match for you.* A commitment to attend each weekly meeting for the semester is required.

Everyday Emotions

Each week, you will discuss new and previously learned skills, explore experience and progress with skills and practice new ways of thinking about emotions. This group will introduce specific techniques for mindfully paying attention to emotions, improving interpersonal interactions, guiding one's own emotional experience, and tolerating distress and unpleasant emotions. This group is based on strategies from Dialectical Behavior Therapy.

Social Anxiety

This 8-week group is focused on building and practicing skills to better manage social anxiety and improve interpersonal effectiveness. The skills taught each week will build on the previous week, so a commitment to attend at least 7 sessions is necessary.

Stress Management

This group is designed to help students develop coping skills and strategies to manage stress. Topics may include: identifying and processing current stressors, relaxation techniques that really work, adaptive coping strategies, and time management skills.

Breathe and Relax

Need a chance to take a "BREATH"? The UCC is offering space to do just that. Open to anyone and no prior registration needed, just drop-in for our relaxation group to take a moment from your busy day, relax, and catch your breath for 30-40 minutes.

First Year Success: Adjusting, Coping, Thriving

Everyone might be acting like they are having a great time, but adjusting to college can be very difficult for many students. This group provides opportunities to talk with other first year students, get some support, and learn some valuable coping skills. This group is on a drop-in basis, so you are welcome to attend one group or as many as you would like.