



winter group schedule

Monday

General Therapy

3:30-5:00pm | Begins 1/20
First time arrive at 3:00pm
Leaders: Stephanie and Matt

Stress Management

4:00-5:00pm | Begins 1/20
Leader: Eric

Adult Child of Alcoholic (ACOA)

10:30am-12:00pm | Begins 1/27
Leader: Bonnie

Stress Management

12:00-1:00pm | Begins 2/17
Leader: Beth

Everyday Emotions

10:00-11:00am | Begins 3/9
Leaders: Beth and Lauren

Art Therapy

1:00-2:00pm | Begins 3/16
Leader: Dayna

How to Worry Well (2-day)

11:00am-12:00pm | 4/6 and 4/13
Leader: Philip

Tuesday

General Therapy

3:30-5:00pm | Begins 1/21
First time arrive at 3:00pm
Leaders: Michelle and Monica

LGBTQ Therapy

3:30-5:00pm | Begins 1/21
Leader: Melissa

Drugs & Alcohol: Change Your Use

4:00-5:30pm | Begins 1/21
Leader: Bonnie

Everyday Emotions

10:00-11:00am | Begins 1/28
Leaders: Kirsten and Kaeleigh

Managing Your Depression

11:00am-12:00pm | Begins 2/4
Leader: Abraham

Fitness for Wellness

11:00am-12:30pm | Begins 2/11
Leaders: Melissa, Abraham, Amy and John

Grief Support

1:30-3:00pm | Begins 2/25
Leader: Les

How to Worry Well

12:00-1:00pm | Begins 3/10
Leader: Abraham

Mindfulness 101

4:00-5:00pm | Begins 3/17
Leaders: Dominic and Matt

Stress Management

11:00am-12:00pm | Begins 3/24
Leader: Pam

Stress Management (2-day)

3:00-4:00pm | 4/7 and 4/14
Leader: Eric

Thursday

General Therapy

9:30-11:00am | Begins 1/23
First time arrive at 9:00am
Leaders: Melissa and Abraham

Circle of Support

3:00-4:00pm | Begins 2/13
Leaders: Pam and Amber

Veterans & Active Military Support

2:00-3:00pm | Begins 2/20
Leaders: Nick and Michelle

Body Image

1:30-3:00pm | Begins 2/13
Leaders: Nicole and Kaeleigh

How to Worry Well

4:00-5:00pm | Begins 1/16
Leader: Abraham

How to Worry Well

4:00-5:00pm | Begins 3/26
Leader: Abraham

Managing Your Depression

2:00-3:00pm | Begins 3/12
Leader: Abraham

Social Anxiety

3:30-5:00pm | Begins 2/20
Leaders: Les and Brian

Stress Management

10:00-11:00am | Begins 3/26
Leader: Eric

Healthy Relationships

4:00-5:00pm | Begins 3/12
Leaders: Stephanie and Vanessa

Stress Management (2-day)

1:00-2:00pm | 4/9 and 4/16
Leader: Les

Friday

Black Voices

11:30am-1:00pm | Begins 1/24
Leader: Latrece

How to Worry Well

1:00-2:00pm | Begins 3/27
Leader: Abraham

Stress Management

11:00am-12:00pm | Begins 3/27
Leader: Philip

Stress Management

1:00-2:00pm | Begins 2/7
Leader: Eric

How to Worry Well (2-day)

2:00-3:00pm | 4/10 and 4/17
Leader: Abraham

Wednesday

General Therapy

2:30-4:00pm | Begins 1/22
First time arrive at 2:00pm
Leaders: Dominic and Vanessa

LGBTQ Therapy

3:30-5:00pm | Begins 1/22
Leader: Nicole

How to Worry Well

2:00-3:00pm | Begins 2/5
Leader: Eric

How to Worry Well

11:00am-12:00pm | Begins 3/11
Leader: Philip

Self-Compassion

11:00am-12:00pm | Begins 2/19
Leader: Monica

Stress Management

1:00-2:00pm | Begins 1/22
Leader: Philip

Stress Management

12:00-1:00pm | Begins 3/18
Leader: Beth

Stress Management (2-day)

11:00am-12:00pm | 4/8 and 4/15
Leader: Eric

Workshops

Find Your Path Workshop

Session 1:
Fridays, 11:00am-12:00pm
2/7, 2/14, and 2/21
Leader: Dominic

Session 2:
Fridays, 11:00am-12:00pm
4/3, 4/10, and 4/17
Leader: Dominic

Breathe and Relax (drop-in)

Mondays, 12:00-1:00pm
Begins 1/13
Leaders: Eric and Abraham

Identity Groups

Identity groups refer to a person's sense of belonging and sense of self. These groups provide students the ability to talk and build resiliency and dialogue around lived experiences. These groups aim to be a normalizing experience for each member.

Identity groups offered:

- LGBTQ Therapy
- Black Voices

Theme-based Groups

Theme-based groups combine education, process, and support based around a particular theme that group members share. Theme-based discussion includes specific topic and sharing of group member concerns.

Theme-based groups offered:

- Adult Child of Alcoholic (ACOA)
- Drugs and Alcohol: Change Your Use

Support Groups

Support Groups are designed to help students whose lives are impacted by similar issues, to come together and receive information, support, and guidance from one another. These groups focus on providing a space for validation, encouragement, and mutual understanding. They present a safe space for exploration of thoughts, feelings, and reactions.

Support groups offered:

- Circle of Support - this group is for survivors of sexual trauma
- Grief Support
- Veterans & Active Military Support

Skills-building Groups

These groups provide a space in which students can learn and practice tools for enhancing their well-being and managing specific concerns. These groups are usually more structured and involve more direct instruction from the group leader.

Skills groups offered:

- Art Therapy
- Body Image
- Everyday Emotions
- Fitness for Wellness
- Healthy Relationships
- How to Worry Well

Process Groups

These groups are helpful in addressing feelings of loneliness, depression, anxiety, self-esteem concerns, and challenges in relationships. Students will share experiences, give and receive support/feedback, and experiment with new interpersonal behaviors in a safe environment.

Skills groups offered:

- General Therapy

Interested in learning more?

Visit our website to watch videos, read descriptions, and learn the benefits of group counseling. www.gvsu.edu/counsel/group

