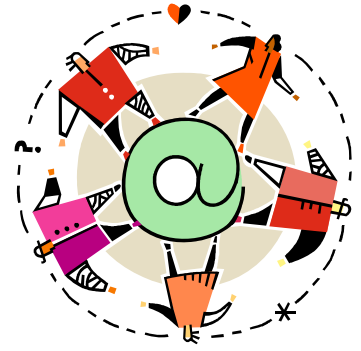


Fall 2009 Therapy Groups



Understanding Self and Others

An opportunity for men and women to learn from each other while giving and receiving support around the many personal issues that university students confront. Participants will help each other develop greater self-awareness and increased ability to develop satisfying relationships. Relationships, self-confidence, balancing demands, feelings of depression and anxiety, and more - this group will address the issues of greatest concern to its particular members. Group is open to all students and will meet on Fridays at 11:00 am.

Questioning Group

An opportunity for those students questioning and exploring their gender, sexual identity, or sexual orientation to do so in a safe and supportive environment. Group is open to all students and will be held on Wednesdays at 4:00 pm.

Women's Therapy Group

Deepen your connection to yourself and others in a safe and caring environment. In the company of other women, members provide each other with feedback, support, and problem resolution. Common issues include anxiety, self-esteem, trust, self-care, and intimacy. Group is open to female students of all ages and will meet on Thursdays at 4:00.

Alcoholics Anonymous (AA) Meeting

The only requirement for membership is a desire to stop drinking!

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. For further info regarding the UW-Whitewater AA meeting, contact AA Central office at 414-771-9119 or Montine R. Pauers, Substance Abuse Counselor at UWW at 262-472-1305 or pauersm@uww.edu

Sexual Assault Survivors' Group

This group will discuss topics such as; relationships, coping, trust, healing/recovery, boundaries, triggers, coping skills and self-esteem. Sponsored by the Association for the Prevention of Family Violence. Group is open to new members throughout the semester and meets every Wednesday at 2:00 pm. Contact Haley Schultz if interested in participating: 262-723-4653 or apfvlegal@charterinternet.com

Please contact UHCS at 262-472-1305 if interested in any of these groups.