University Health & Counseling Services
Weekly Groups and Classes 2020

Group counseling is a free opportunity to meet others who have similar experiences and to utilize peer interaction to work toward personal growth. For many emotional and relationship issues that college students face, group counseling is the best treatment choice. While some students are initially hesitant to join a group, past participants have consistently told us that their group experience was very positive and beneficial.

Some groups require a pre-group screening with the group leader to determine if a particular group is a good fit for you. Please contact UHCS at 262-472-1305 or email brueggek@uww.edu if interested in joining.

In Real Life (IRL) Wednesdays 3:30 – 4:30pm or Fridays 11:00am – 12:00pm
Learn from each other while giving and receiving support around the many personal issues university students confront. Participants will help each other develop greater self-awareness and increased ability to develop satisfying relationships. This group will address the issues of greatest concern to its particular members.

Healing Group (Sexual Assault Survivors’ Group) Time TBD
This group provides a place for individuals who experienced sexual violence to come together and receive support and encouragement in a safe and understanding environment.

Kaleidoscope: Nurturing Each Other, Healing Ourselves Thursdays 1:00 – 1:50pm
This group is a safe, supportive, and confidential space for students of color. This process group focuses on identity issues, family-of-origin issues, trauma experiences, interpersonal relationships, academic stress, and all forms of oppression regarding the experience of being a minority.

Prism (Sexual Identity Support Group) Time TBD
A safe and understanding environment for individuals who identify as LGBTQ* to come together for support. This interpersonal process group provides a safe and supportive space to discuss topics relevant to each member’s unique experience.

EnGendering Support (Gender Spectrum Support Group) Time TBD
A group for transgender, two-spirit, gender non-conforming, intersex, and gender questioning individuals to come together in a safe environment to give and receive support, ask questions, find resources, and build community. This is a space where people can gather together to explore their authentic self.

Wise Minds Tuesdays 1:00 – 1:50pm
Students will learn specific skills to become better at managing emotions and control impulsive behavior in response to stress. They will also learn how to improve relationship stability and boundary identification and become more comfortable living in the present moment.

It’s Complicated: Relationships in the 21st Century Mondays 3:00 – 3:50pm
This 6-week group will help you clarify what you are looking for in a relationship, how to navigate differences, and how not to lose yourself in the process. Tentative start date 2/24/20.

Surviving and Thriving Thursdays 2:00 – 2:50pm
Come to these weekly workshops to learn about various topics to help address anxiety, mood, stress, boundaries, connecting, and self-care. People who value regular review of materials are encouraged to attend on an ongoing basis as well as for those who could benefit from a “booster group session” during times of high distress. Start date 2/27/20.

Veterans Group Time TBD
If there is enough interest, a therapy group may be offered to meet the unique needs of student veterans.

Mindfulness Wednesdays 12:15 – 12:45pm
Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. Come in any week for an opportunity to learn and practice mindfulness skills. No appointment or ongoing services necessary to attend. Open to students and staff.