

# University Health & Counseling Services

## Weekly Virtual Groups and Workshops Fall 2021

Group counseling is a free opportunity to meet virtually with 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.

### **In Real Life (IRL)**

**Fridays 11:00-11:50**

Learn from each other while giving and receiving support around the many personal issues university students confront, including learning additional skills to manage emotions and overall mental wellness during this uncertain time. 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)\***

**Wednesdays 10:00 – 10:50 am**

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.

### **Prism (Sexual Identity Support Group)\***

**Thursdays 10:00– 10:50 am**

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)\***

**Fridays 10:00-10:50 am**

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 .

### **Kaleidoscope: Nurturing Each Other, Healing Ourselves\***

**Mondays 10:00– 10:50 am**

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.

### **Wise Minds**

**Thursdays 11:00– 11:50**

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.

### **Survive and Thrive**

**Fridays 11:00-11:50**

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.

*\*Please talk to your counselor about scheduling a pre-group screening with the facilitator.*

**Please contact UHCS at 262-472-1305 or email [bruegge@uw.edu](mailto:bruegge@uw.edu) if interested in joining.**



### **Groups and classes are hosted on WebEx**

Participants must have video on for group sessions. If you do not have video capacity from home, you are able to reserve an office with a camera-ready computer at UHCS or other campus location. Please speak to your counselor for more information.