Group counseling is often the most beneficial option for many student concerns. UHCS offers a range of virtual educational workshops and affinity groups to connect and create community, and counseling groups for increased support in moving toward healing and change around specific challenges. Students can learn new skills and strategies, connect with one another, and share difficulties and experiences in a safe, supportive online environment. Some groups and workshops meet for the entire semester and others for 3-6 weeks. While some students are initially hesitant to join a group, past participants have consistently told us their group experience was very positive and beneficial. Groups and workshops are free and open to all UW Whitewater campus students who are enrolled on Fall 2022 courses.

**Graduate Student Support Group - Amanda**
This group for graduate students provides a space to share about unique experiences and challenges as a graduate student. Some themes we may discuss include: managing stress, navigating your graduate program, perfectionism, imposter syndrome, career planning, communication with advisors, identity concerns, relationships, mentoring/leadership, work/life balance, and self-care. (Tuesdays 2pm-3pm)

**Taming Your Inner Critic - Amanda**
Do you struggle with a harsh Inner Critic that interferes with your ability to lead the life you want to lead? This group provides a safe space to explore what influences your inner critic and ways you can support yourself. This group will have a self-compassion focus that draws on techniques from various modalities such as mindfulness, cognitive behavioral therapy, acceptance and commitment therapy, and more. This group will work together to build self-compassion and self-regard. (Thursdays from 10-11)

**Understanding Self and Others (USO) – Anderson**
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 uncertain times. 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 (Fridays 11am-12pm)

**Prism-EnGendering Support (LGBTQIA+ Support Group) - Jenny**
A group for individuals who identify as LGBTQIA+ 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. (Fridays 11am-12pm)

**DBT Skills Group - Anderson**
A group for students who wish to 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. (Mondays 1pm-2pm)

**Student Athletes Connected - Kathryn**
This weekly group focuses on making connections between student-athletes as well as connecting them to themselves. Through open conversation, experiential learning, and psychoeducation, we will learn more about our identities and how to transition to life after sports, how to recognize burnout, a space to discuss the struggles of being a student-athlete,
and some signs to recognize struggles within yourself and your teammates. (Thursdays 1pm-2pm)

**Just Journal - Holly**
Writing can be a powerful way to access and navigate confusing feelings while helping you discover your inner strengths, desires, and form connections to determine what is and is not helpful for your mental health and well-being. Through a series of guided prompts, you will write your deepest thoughts in a private journal of your choice and share safely with other group members as you feel comfortable so that you can get the most out of this processing experience. (Fridays 10am-11am)

**Finding Peace with your Body – Jenny & Kathryn**
Trouble living in your own skin? Does body dissatisfaction affect your life more than you want to admit? Join us in discussing this common experience. We will explore tools to help move you in the direction of appreciating the body you have. (Thursdays 9-10am)

**From Chaos to Calm: Anxiety Reduction/Mindfulness - Holly**
Anxiety can be destructive on your mind and body leaving you feeling nervous, restless or agitated. Identify your triggers and learn helpful coping strategies like mindfulness to discover useful ways to channel your energy and focus on what’s within your realm of control. (Thursdays 1-2pm)

Please contact UHCS at 262-472-1305 or email brueggek@uww.edu if interested in joining.

Groups are hosted on WebEx
Participants must have video capability on WebEx for group sessions. If you do not have a private space to participate, you are able to reserve a room at UHCS to use your device in. Please speak to your counselor for more information.
Semester of Happiness Workshop Series

Series Description:
The series consists of five 40-minute workshops, offering a safe space and guidance through various activities including meditation, self-reflection, and experiential opportunities to enhance overall well-being. Participants will leave the sessions refreshed and grounded with tools to continue their happiness journey.

What you need: An open mind and heart. A journal is recommended but not necessary. Paper and pens will be provided. Come as you are!

Semester of Happiness Workshop: Connecting with Others
Wednesday, 9/21 from 1-2pm, UC 266
Thursday, 9/22 from 11-12pm, UC 266

Description: One of the most consistent findings in mental health is that happier people have stronger connections with friends, family, partners, and colleagues. This workshop aims to help participants deepen connections through self-reflection and processing activities.

Semester of Happiness Workshop: Gratitude
Wednesday, 9/28 from 1-2pm, UC 266
Thursday, 9/29 from 11-12pm, UC 266

Description: Gratitude is not merely an emotion that feels good; it decreases depression, increases joy, optimism, and tranquility. This workshop will teach participants ways to strengthen their gratitude muscle for added benefits.

Semester of Happiness Workshop: Savoring
Wednesday, 10/5 from 6-7pm, UC 266
Thursday, 10/6 from 6-7pm, UC 266

Description: Savoring is the ability to stretch and prolong positive emotions. This workshop will allow participants to slow down and enjoy the moment.

Semester of Happiness Workshop: Self-Compassion
Wednesday, 10/12 from 1-2pm, UC 264
Thursday, 10/13 from 11-12pm, UC 266

Description: Self-compassion involves treating oneself with kindness and care. This workshop will help participants strengthen their relationship with themselves through safe and exploratory exercises.

Semester of Happiness Workshop: Health & Happiness
Wednesday, 10/19 from 1-2pm, UC 266
Thursday, 10/20 from 11-12pm, UC 266

Description: When we care for our bodies, we feel happier in life. This workshop teaches body awareness through guided relaxation. Wear comfortable clothing.