

Weekly Groups

Groups We Provide

TUESDAYS

First Generation Support: 11am over Webex (Amanda)
Student Athlete Wellness: 6pm over Webex (kathryn)

WEDNESDAYS

Mindful Journaling: 1pm in person in the UHCS Group Room (Holly)

THURSDAYS

Taming Your Inner Critic: 10am over Webex (Amanda)

FRIDAYS

Student Athlete Wellenss: 10am in Williams Center 184
GBTQIA+ Support Group: 11am over Webex
Understanding Self and Others: 11am over Webex
Resident Assistant Wellness: 1pm over Webex
Mental Health 101 Workshops: 1pm in person (UC 69) or over Webex

Remember, you are not alone in what you are going through

Please contact UHCS at 262-472-1305 or email bruegge@uww.edu if interested in joining.
OR Sign Up Through Your UHCS Portal

