

University Health & Counseling Services

Weekly Virtual Groups and Classes Spring 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 am

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)*

Mondays 2:00 – 2:50 pm

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)*

Day and 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)*

Day and 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. Start date 2/7/21.

Kaleidoscope: Nurturing Each Other, Healing Ourselves*

Day and Time TBD

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**

Tuesdays 1:00 – 1:50 pm

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 3:30 – 4:30 pm

This 6-week group will help you clarify what you are looking for in a relationship, how to navigate differences, staying connected during social distancing, and how not to lose yourself in the process.

Surviving and Thriving**

Day and Time TBD

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.

Veterans Group*

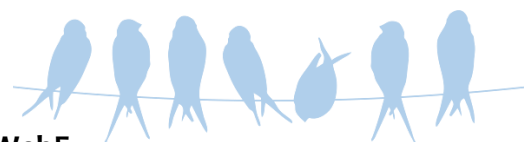
Day and Time TBD

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

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

***No pre-group screening required. Please talk to your counselor about how to sign up.*

Please contact UHCS at 262-472-1305
or email bruegge@uww.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.