



# Counseling and Wellness Center

*Learn to manage problems today  
for a better tomorrow*

## The Counseling Center will offer the following groups for Fall 2009

At our center, we offer a variety of groups to meet your needs. All of our groups are led by experienced counselors. These groups are provided as a free service to regularly enrolled students at CSU, Chico. Start dates to be announced. For additional information come by SCC 430 to schedule an appointment.

### **Self-Esteem & Assertiveness—Mondays, 5:00 PM—7:00 PM Pat Patterson, Ph.D., Counselor**

Designed for students who want to improve their self-esteem and/or become more assertive in their day-to-day interactions.

### **Transgender Support Group—Tuesdays, 12:00—1:00 PM Lana McKnight, Ph.D., Counselor**

A support group for students who are transgender, gender-queer, intersex, or questioning.

### **Better Relationships—Tuesdays, 3:00 PM—4:30 PM Paul Morones, L.C.S.W., Counselor**

Designed for students who are facing challenges in their interpersonal relationships. The struggles addressed can be with friends, family, or romantic partners.

### **DSS Support All About Wellness—Tuesdays, 5:00 PM—6:30 PM Deborah Genito,, L.C.S.W., & Nancy Hermanson**

In this group you will learn ways to reduce stress and enhance your overall wellbeing. We will discuss a new topic every week as we discuss the eight areas of wellness.

### **Academic Peak Performance—Wednesdays, 1:00 PM—2:30 PM Pat Patterson, Ph.D., Counselor**

Designed to teach students cutting edge peak performance strategies to perform at their highest level academically. Emphasis will be placed on not only study skills optimization, but on the mastery of the mental skills used by the worlds top achievers.

### **Making Peace with Food & Body—Wednesdays, 3:00 PM—4:30 PM Stephanie Chervinko, Ph.D., Counselor**

Designed for students who struggle with issues related to food, weight, and/or body image.

### **Getting My Act Together!—Thursdays, 4:00 PM—5:30 PM Mimi Bommersbach, Ph.D., Counselor**

Why can't you make yourself do the things you know you should? Find out what is behind your lack of motivation and better yet, what you can do about it.

### **Manage Your Moods: A Bipolar Support Group—Fridays, 11:00 AM—12:30 PM Lana McKnight, Ph.D., Counselor**

This is a group for students diagnosed with Bipolar Disorder. Learn personal strategies that will help with everyday living and add to your success in a college environment.

COUNSELING AND WELLNESS CENTER  
STUDENT SERVICES CENTER-ROOM 430  
530-898-6345 • [www.csuchico.edu/counseling/](http://www.csuchico.edu/counseling/)