The Counseling Center will offer the following support groups for Fall 2016

**Tuesdays, 1:00pm - 2:30pm** — **CARE**  Courtney Chambless, PhD, Counselor  
Learn skills to manage distress, regulate your emotions, become more mindful, and improve relationships.

**Tuesdays, 2:30 - 4:00pm** — **The Men’s Perspectives Group**  Chris Sims, LCSW, Counselor  
Men dealing with issues of anxiety, depression, loneliness, and/or anger are invited to help and be helped by other men dealing with similar issues in a confidential and non-judgmental group that aims to improve relationships with self and others.

**Wednesdays, 1:05pm - 2:45pm** — **Better Relationships**  Brent Henrikson, LMFT, Counselor  
A group for students who want to build new relationships and improve their current relationships with friends, family, partners, and others.

**Wednesdays, 3:30pm - 5:00pm** — **Rainbow Suspenders**  Jessica Magallanes, PsyD, Counselor  
A group designed to provide a safe space for LGBTQIA+ identified students to get support around the unique experiences related to being a member of the Queer community. The group welcomes students at all levels of sexual and/or gender identity development, and group discussion is driven by the priorities and needs of its members.

**Wednesdays, 5:00pm - 6:30pm** — **Family Issues**  Brian Reinhardt, PhD, Counselor  
Explores the impact of family dynamics and other personal relationships with the focus on improving your connectedness with others.

**Thursdays, 1:30pm - 3:00pm** — **Better Relationships**  Juni Banerjee-Stevens, PhD, Counselor  
A group for students who want to build new relationships and improve their current relationships with friends, family, partners, and others.

**Thursdays, 3:30pm - 5:00pm** — **Prisms: A Group for Sexual Assault Survivors**  Roxy Eberhardt, LMFT, Counselor  
This group is designed for women who are ready to explore and reclaim what was taken from them; a rainbow of feelings and emotions that make each of us whole.

**Fridays, 11:00am - 12:30pm** — **Manage Your Moods: A Bipolar Support Group**  Lana McKnight, PhD, 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.

**Fridays, 2:30pm-4:00pm** — **First In Line**  Jessica Magallanes, Psy.D., Counselor  
A group for first generation college students to explore their unique personal, family, friend, and academic experiences, while getting support from peers.