Counseling and Wellness Center

Fall 2017 Support Groups

Mondays, 2:30 - Men’s Group  
_Brian Reinhardt, PhD, Counselor_  
Men supporting men in a nonjudgmental, caring, confidential space. Sometimes we need someone to simply be there.

Tuesday, 12:30-2:00 - 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.

Tuesday, 2:30-4:00 - Peace of Mind  
_Chris Sims, LCSW, Counselor_  
This group provides a space to connect with others who experience anxiety and to learn skills to lead a more peaceful life.

Wednesday, 1:05-2:45 - Self Compassion  
_Brent Henrikson, LMFT, Counselor_  
A group for deepening self-awareness, practicing self-compassion, and working towards loving and accepting who you are, in order to have more satisfying relationships with others and connection with yourself.

Wednesday, 4:30-5:30 - Just Breathe  
_Brian Reinhardt, PhD, Counselor_  
A group for students who want to learn ways to be more present and connected to your body through relaxation, breathing, meditation, and imagery.

Wednesday: Afternoons - Living with Loss  
_Brian Reinhardt, PhD, Counselor_  
Losing a loved one changes so much in one’s life. This interpersonal group will explore living with loss after the death of a significant person in your life. Benefits of this group include support and understanding from others who are navigating loss.

Thursday, 2:30pm-4:00pm - Rainbow Suspenders  
_Jessica Magallanes, Psy.D, 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.

Thursdays, 3:30pm-5:30pm - Journey to Healing  
_Roxy Eberhardt, LMFT, Counselor_  
This process group is designed to empower female-identified sexual assault survivors. Sexual assault can negatively impact your thoughts, brain, and body, and have a devastating effect on your overall college experience. Trauma often interferes with your sense of safety, relationship with others, and a healthy connection with your body.

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.

Friday, 1:00-2:30 - Wise Minds  
_Courtney Chambless, PhD, Counselor_  
The purpose of the Wise Minds Group is to teach practical skills to help you learn to feel more in control of your emotions, increase mindfulness, improve communications with others, and learn to cope with distress.

Fridays, 3:00pm-3:50pm - Not Facebook  
_Stephanie Chervinko, PhD, Counselor_  
This group offers help for reducing social isolation while also offering a place to practice basic conversational skills face to face.

Fridays, 3:00-3:50pm - Coping with Panic  
_Stephanie Chervinko, PhD, Counselor_  
This four-week workshop series is designed for students experiencing panic attacks. Learn about the panic cycle and tools for coping with panic attacks.