The Counseling Center will offer the following support groups for Spring 2017

**Mondays, 2:00-3:30 — Food and Mood**  
*Stephanie Chervinko, Ph.D., Counselor*  
Designed for students who struggle with issues related to food, weight, and/or body image.

**Mondays, 4:00pm - 5:00pm — Just Breathe**  
*Brian Reinhardt, PhD, Counselor*  
Learn ways to be more present and connected to your body through relaxation, breathing, meditation, and imagery.

**Tuesdays, 2:30 - 4:00pm — Peace of Mind**  
*Chris Sims, LCSW, Counselor*  
This proactive self-care and stress reduction program can be the key to student survival and success. Change your inner reality to become a more peaceful place.

**Tuesdays, 3:30-5:00pm — Better Relationships**  
*Courtney Chambles, PhD, Counselor*  
A group for students who want to build new relationships and improve their current relationships with friends, family, partners, and others.

**Wednesdays, 1:05pm - 2:45pm — Men’s Perspective**  
*Brent Henrikson, LMFT, 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.

**Wednesday, 5:00-6:20 — Suddenly Senior**  
*Brian Reinhardt, PhD, Counselor*  
This group is for students who are graduating this semester and want support with the many possible transitions and changes that may be coming up—relationships, job, grad school, location, debt, next steps.

**Wednesdays, 3:00pm - 5:00pm — 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 - 5:00pm — 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, 2:00pm - 3:00pm — Not Facebook**  
*Mimi Bommersbach, Ph.D., Counselor*  
This group offers help for reducing social isolation while also offering a place to practice basic conversational skills face to face.