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.

**Thursdays, 3:30-5:00pm** — *Living Well*  
Sadie LaBriere, SW Post Masters Intern, Counselor  
The Living Well group aims to give you a space to explore your own relationship with alcohol and/or drugs. Whether you’re thinking about reducing your use or quitting

**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.