Counseling and Wellness Center
Learn to manage problems today for a better tomorrow.

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.

**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 — 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.

**Wednesday, 5:15-6:30 — 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.

**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.

COUNSELING AND WELLNESS CENTER
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