



Counseling and Wellness Center

*Learn to manage problems today
for a better tomorrow.*

The Counseling Center will offer the following support groups for Spring 2013

At our center, we offer a variety of groups to meet your needs. All of our groups are led by experienced counselors. These groups are provided as a free service to regularly enrolled students at CSU, Chico. Start dates to be announced. For additional information come by SCC 430 to schedule an appointment with the group leader.

Peace of Mind - Mondays, 3:00 pm - 4:30 pm Deborah Genito, L.C.S.W., Counselor

Reduce feelings of anxiety and symptoms of depression by learning thought changing techniques as well as practicing meditations and self affirmations.

Self-Esteem & Assertiveness - Mondays, 5:00 pm - 7:00 pm Pat Patterson, Ph.D., Counselor

Designed for students who want to improve their self-esteem and/or become more assertive in their day-to-day interactions.

Food & Mood - Tuesdays, 2:00pm - 4:00pm Mimi Bommersbach, Ph.D., Counselor

Designed for students who struggle with issues related to food, weight, and/or body image.

Prisms: A Group for Sexual Assault Survivors - Wednesdays, 10:00am - 11:30am

Mimi Bommersbach, Ph.D., 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.

Better Relationships - Thursdays, 3:00 pm - 5:00 pm Stephanie Chervinko, Ph.D., Counselor

Designed for students who are facing challenges in their interpersonal relationships. The struggles addressed can be with friends, family, or romantic partners.

Living Well: A Substance Abuse Support Group - Thursdays, 5:30pm - 7pm

Juni Banerjee-Stevens, Ph.D., Counselor

Thinking about changing your relationship with alcohol and/or drugs? Whether you're thinking about reducing your use or quitting altogether, the Living Well group offers a safe space to get support from your peers.

Manage Your Moods: A Bipolar Support Group - Fridays, 11:00am - 12:45pm Lana McKnight, Ph.D., 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.

COUNSELING AND WELLNESS CENTER
STUDENT SERVICES CENTER-ROOM 430
530-898-6345

www.csuchico.edu/counseling