



WAKE FOREST UNIVERSITY  
**COUNSELING CENTER**

# Spring 2018 Group Calendar

**\*Power Lunch Sessions (Men's Group)** – A lunchtime meeting to discuss contemporary topics related to male identity. Examples of topics we will explore include body image, communication styles, relationship issues, emotional expression (or lack thereof), career concerns, and generally, the pressures associated with being a male in today's society. Bring your lunch and let's talk.

Mondays from 12:45-1:45 in REY 122

**Graduate Student Group** - A group for graduate students that aims to foster increased self-awareness, connection to others, and opportunities to receive support and feedback as personal experiences are shared with peers.

Tuesdays from 5:00pm-6:30pm

**Mindful Awareness Group** - A 4-week group. An introduction to mindfulness for graduate and undergraduate students. In this structured group, you will learn about mindfulness and how to better manage stress and anxiety. Each class will have the same format of opening practice, check in, skill training and closing. No prior experience necessary.

Thursdays, Time TBD

**\*Queenin'** - This group offers a space where women of color can meet and connect on campus while also giving attention to their mental and emotional wellbeing. This group meets monthly.

Jan 30, Feb 13, Mar 13, and Apr 10 in Reynolds Gym A330

**LGBTQ+ Group** – This group is for members of the LGBTQ+ community to discuss their experiences in general and at Wake Forest. Both undergraduate and graduate students are eligible to participate.

Day and Time TBD

**SASG** – In partnership with students, the Safe Office is offering a weekly confidential support group for survivors of sexual violence. Open to undergraduate and graduate students of all genders. The group will meet weekly starting 2/7 at 5pm. For more information, please contact Sarah Broadhurst at [broadhsf@wfu.edu](mailto:broadhsf@wfu.edu).

Wednesdays at 5pm

**Eating Disorder Recovery Group** - This group is for women and men in recovery from anorexia, bulimia, or binge eating disorder. The group encourages introspection through mindfulness and yoga and offers psychoeducation and peer support for sustained recovery from eating disorders.

Mondays from 3:30pm-5:00pm

**Emotional Regulation Skills Group** - Because pain and distress are a part of life that everyone will experience, this group focuses on building skills for accepting, finding meaning for and tolerating distress skillfully. Both undergraduate and graduate students are eligible to participate.

Wednesdays from 3:30pm-5:00pm

**\*International Tea Time** - This group is for both undergraduate and graduate international students to gather and share their experiences with one another. Topics we discuss will include adjustment to life in the United States, cultural differences, academic and relationship stress, and more! No RSVP required... just drop by when you can. Tea and light snacks will be provided!

Fridays from 3:30pm-4:30pm in REY 122

**\*Healthy Relationships** – This workshop series focuses on learning healthy communication skills in relationships. Topics will include identifying healthy vs. unhealthy relationship signals, assertiveness, boundary setting, and others. The group will meet biweekly and no RSVP is required. Email [palmieet@wfu.edu](mailto:palmieet@wfu.edu) for more info.

Alternating Tuesdays from 3pm-4:30pm starting 2/6 in Carswell 016.

**Understanding Myself and Others** - A process group for undergraduate students designed to help you learn about yourself and practice more effective ways to interact with others.

Wednesdays from 3:20pm-4:50pm

**Thesis Group and ADHD Skills Group** - These groups are hosted in the Learning Assistance Center to support graduate students completing their theses and both graduate and undergraduate students hoping to learn skills to manage ADHD symptoms. Contact Michael Shuman, PhD, Director of the Learning Assistance Center & Disability Services at [shumanmp@wfu.edu](mailto:shumanmp@wfu.edu) for more info about the Thesis Group and Jacqueline Friedman at [friedmjn@wfu.edu](mailto:friedmjn@wfu.edu) for more info about the ADHD Skills Group.

\*No pre-group appointment required... just drop in!