

## University Counseling Center - Fall 2017 Group Opportunities

### Mondays

#### *Power Lunch Sessions (Men's Group)*

1:00 pm - 2:15 pm  
The Power Lunch group is 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.

### Tuesdays

#### *Eating Disorder Recovery Group*

9:30 am - 11:00 am  
This group is for students 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.

#### *Graduate Student Group*

3:00pm - 4:30pm  
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.

### Wednesdays

#### *Distress Tolerance Skills Group*

3:30 pm - 5:00 pm  
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.

### Thursdays

#### *Mindful Awareness Group*

3:30pm - 4:45 pm  
A 4-week group beginning Oct. 19  
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.

### Fridays

#### *International Tea Time*

3:30 pm - 4:30 pm  
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!



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