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

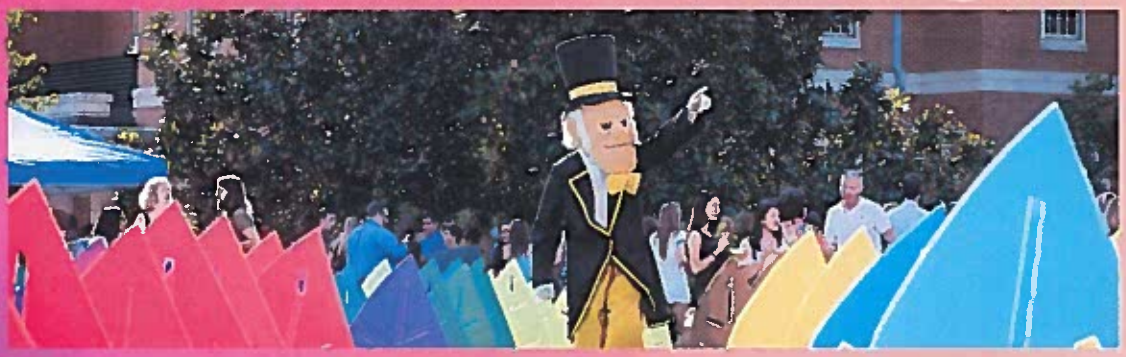
3:30 pm - 4:30 pm

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!

WAKE FOREST UNIVERSITY
COUNSELING CENTER

CELEBRATING REYNOLDS: COME ARRIVE & THRIVE

September 29 | 3-5 PM
Reynolds Gym
Center for Fitness & Wellbeing



featuring:

PUPPIES

PHOTO BOOTH

COLORING

MASSAGES

FOOD

GAMES

HENNA

ROCK CLIMBING

...and more!

ENVIRONMENTAL WELLBEING

EMOTIONAL WELLBEING

PHYSICAL WELLBEING

FINANCIAL WELLBEING

SPIRITUAL WELLBEING

INTELLECTUAL WELLBEING

OCCUPATIONAL WELLBEING

SOCIAL WELLBEING

THRIVE

WFU Thrive | @wfuthrive | thrive@wfu.edu | thrive.wfu.edu

Make an appointment today!

NEW SERVICES

THRIVE

MASSAGE THERAPY

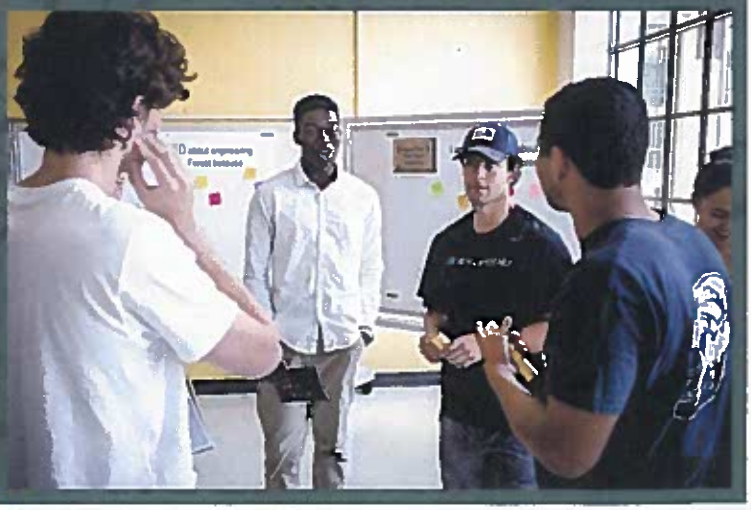
Enhance your wellbeing through physical and mental relaxation. Book an appointment with one of our licensed massage therapists to help you de-stress and unwind, or for pain relief.

- Located in the Office of Wellbeing suite in Reynolds Gym - Center for Fitness & Wellbeing
- Available to WFU students, faculty, and staff
- $50 for a one-hour session
- Get more information and sign up online at http://thrive.wfu.edu/services/massage-therapy/

WELLBEING COACHING

Work with a certified coach to identify professional or personal goals around any of the eight dimensions of wellbeing. Develop action plans to achieve your goals and measure your progress.

- Located in the Office of Wellbeing suite in Reynolds Gym - Center for Fitness & Wellbeing
- Available to WFU students, faculty, and staff
- Completely FREE
- Get more information and sign up online at http://thrive.wfu.edu/services/wellbeing-coaching/



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