**Eating Disorder Recovery Group** - This group is for people of all genders 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

**Interpersonal Effectiveness Skills Group** — Interpersonal relationships (romantic, platonic, familial, etc.) can be beautiful and amazing. They can also be challenging and sometimes unhealthy, and this group focuses on building skills around maintaining healthy relationships. Participants in this group will learn problem-solving and assertiveness skills, how to befriend new people, develop trust in relationships, and how to end damaging relationships. Open to graduate and undergraduate students.

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**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!

Tuesdays from 12:30pm-1:30pm

**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 3:30pm-4:50pm

**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.

Wednesdays from 4pm-5pm

**Family Matters** – This group is for graduate and undergraduate students who grew up with family situations that were challenging or unstable. Reasons for this may include, but are not limited to, abuse in the family, substance abuse in the family, mental illness of a parent or other family member, or trauma within the family. Students will explore and connect around how their situations growing up may have affected them and may continue to affect them today.

Wednesdays from 3:30pm-5:00pm

**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.

Thursdays from 12:30pm-1:30pm

**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 well-being. This group meets monthly.

Meets the third Thursday of the month (9/20, 10/18, and 11/15) at 5:00pm in Reynolds Gym A330 Seminar Room

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

Thursdays from 3:30pm-4:50pm

**That Has A Feeling Too** – A group focused on the mental health of first-generation students. The various topics of discussion will focus on the ways in which experiences specific to first-generation students may impact the student’s mental wellbeing and consequently their experiences as a student, specifically a student at WFU. The group is open to all first-generation students.

First meeting Thursday, 9/20, at 12:30pm

**Focus on College Success** – This group is hosted by the Learning Assistance Center to support both graduate and undergraduate students hoping to learn skills to manage ADHD symptoms. Contact Jacqueline Friedman at friedmnj@wfu.edu for more information.

Wednesdays from 4pm-5pm in the Office of Wellbeing Conference Room (A329)

*This group does not require a pre-group appointment... just drop in!*