



WAKE FOREST UNIVERSITY
COUNSELING CENTER

Spring 2019 Group Calendar

Goodbye, ED - This group is for people of all genders who could benefit from support in addressing their relationship with food and with their bodies. The group offers psychoeducation, encourages introspection through mindfulness and yoga, and facilitates peer support for sustained recovery from disordered eating behaviors and the situational concerns that may continue to fuel them.

Thursdays at 3:30pm

In, Out, and In Between – Whether you are out, questioning, or not even sure, this weekly group is for LGBTQIA+ and same-gender attracted students of all backgrounds to confidentially discuss and explore aspects of gender identity and sexual orientation in a safe space. The group is support-based and is designed to encourage open discussion about intersecting identities, coming out, relationships, family, spirituality, and other areas of your life that may be difficult to discuss elsewhere.

Wednesdays at 3:30pm

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.

Tuesdays at 1pm

Men's Group – A semester-long series of supportive *and* challenging conversations for graduate and undergraduate students who identify as male. Rather than focusing on a specific theme, the conversation will evolve in response to themes that emerge.

Wednesdays at 3:30pm

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 at 3:30pm

SASG – In partnership with the UCC, the Safe Office is offering a weekly confidential support group for survivors of sexual violence. Open to undergraduate and graduate students of all genders. For more information, please contact Sarah Broadhurst at broadhsf@wfu.edu or Emily Palmieri at palmieet@wfu.edu.

Mondays at 4:00pm

Check Yourself Before You Wreck Yourself – Would you like to learn effective ways to manage and change the way you feel and cope with situations? This group focuses on reducing vulnerability toward unwanted emotions while increasing emotional resiliency when these feelings do come up. Opportunity for building skills for accepting, finding meaning for, and tolerating distress skillfully will also be offered. Open to graduate and undergraduate students.

Wednesdays at 3:00pm

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 at 3:30pm

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.

Mondays at 3:30pm

***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 wellbeing.

Third Thursday of month (2/21, 3/21, 4/18) at 5pm

***#ThatHasAFeelingToo** – 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.

Thesis Group – Improve time management and increase motivation toward the completion of your thesis through structure and support in a group atmosphere. Interested graduate students should contact Michael Shuman (shumanmp@wfu.edu) for more information.

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