



WAKE FOREST UNIVERSITY
COUNSELING CENTER

Fall 2019 Group Calendar

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

Mondays at 3:30pm

*****Koru** - 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. No prior experience necessary.

September 10, 17, 24, October 1

3:30-4:45pm

MindfulWake Meditation Space, Reynolda Basement

Register at Koru.site/JNE2240

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 at 3:00pm

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 Kaitly Pechanek at pechanek@wfu.edu.

Wednesdays at 3:30pm

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.

Thursdays at 3:30

Relax. Relate. Release. – This skills group is open to undergraduate and graduate students who are interested in strengthening their ability to: understand/name emotions, change unwanted emotions, reduce vulnerability to behaviors driven by emotions, and manage extreme emotions. Participants will learn and practice various skills in group while also connecting with and gaining support from their peers and group leaders.

Tuesdays 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.

Tuesdays at 3:30pm

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.

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.

Thursdays 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.

First meeting 9/26 at 5:00pm in the Women's Center (Benson 314)
Later dates TBA!

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