HEALTHY CONNECTIONS GROUPS

GRADUATE AND RETURNING STUDENTS: Wednesday, 10:30-12:00 p.m.; Thursday, 2:30-4:00 p.m.
These groups focus on students learning to improve their relationships with others and deepen their understanding of themselves in relationships. These groups offer a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting.

UNDERGRADUATE: Mondays, 3:00-4:30 p.m.
Often the personal issues that bring us to counseling (e.g., stress, anxiety, depression) have more to do with how we relate to others than we think. These groups will help members explore the relationship between their interpersonal style and their emotional well-being. Members will be encouraged to experiment with new behaviors, which can foster more meaningful connections with others and enhance emotional health.

MEN’S GRADUATE AND RETURNING STUDENTS: Fridays, 3:00-4:30 p.m.
This group focuses on men learning to improve their relationships with others and deepen their understanding of themselves in relationships. The group offers a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting and expressing themselves.

SPECIAL POPULATION, SUPPORT & SKILLS GROUPS

SURVIVORS OF CHILDHOOD SEXUAL ABUSE: Tuesdays, 1:00-2:30 p.m.
This group is open to undergraduate and graduate students who are survivors of childhood sexual abuse. The purpose of this group is to provide a safe and therapeutic environment to explore common issues associated with childhood sexual trauma, including exploration of family dynamics and impact on current relationships and academics. Group members have the opportunity to share their experiences at their own pace, connect with other students, and offer and receive support.

DISSERTATION SUPPORT: Tuesdays, 1:30-3:00 p.m.
This group will focus on peer and emotional support, goal setting, and anxiety/stress management.

STAYING OUT OF TROUBLE: Fridays, 2:30-3:30 p.m.
Drug and alcohol use can have a number of unintended consequences. Sometimes students are aware of them, sometimes not. If you are interested in exploring your drug and alcohol use in this non judgmental atmosphere so you can better make up your own mind about the risks and benefits, please consider attending this group.

SOBRIETY: Wednesdays, 2:30-3:30 p.m.
Are you sick and tired of how drinking and using drugs are affecting you? Are you ready to stop? Sobriety is here to help you succeed. This is an open ended therapy group that you can join any time. It’s all about learning what works for you in a non-judgmental way.

ANGER MANAGEMENT: Thursdays, 2:30-3:30 p.m.
Have you gotten in trouble due to anger? Would you liked to utilize counseling? Come to the Anger Management group. Talk about what happened. Figure out what to do next time. Try to see it from the other person’s perspective. Length in group is negotiated but typically 8 sessions are recommended. No group preparation session is necessary.

FREE WORKSHOPS & SUPPORT GROUPS

MINDFULNESS-BASED STRESS MANAGEMENT: Tuesdays, 2:00-3:00 p.m.; Thursdays, 10:00-11:00 a.m.
Mindfulness is the practice of being in the present, not the past or future. Use of mindfulness-based techniques is linked to reductions in anxiety, physical pain symptoms, and depression. This psycho-educational workshop will use graduated experiences and repeated practice to cultivate a greater capacity to focus mindfully on the present. These techniques can be an important component of stress management, allowing you to live your life with less turmoil. These workshops are FREE and we encourage you to attend as many as you wish.

Check http://healthcenter.indiana.edu/counseling/ and @IUHealthCenter for the most up-to-date information about our groups and workshops. Follow us on Facebook (IU Counseling and Psychological Services or Indiana University Sexual Assault Crisis Service) and Twitter (@IUHealthCenter).