

# Get Connected

## Find a Group that Fits YOU Fall 2015

### **Alphabet Soup Group**

**Description:** This is a great group for students who identify as lesbian, gay, bisexual, transgendered, questioning or those wanting to explore their sexual orientation and/or gender identity or expression. In this small group, a safe and supportive environment is created to provide a space to share individual struggles and joys, as well as learn more about oneself. Diverse viewpoints are welcomed and respected.

**Day & Time:** Wednesdays, 3:30pm-5pm

### **Meditation for Stress, Anxiety and Sleep Group (6 sessions only)**

**Description:** In this group, you learn and practice a variety of mindfulness meditation methods from walking meditation to calming meditation to energizing meditation in a small group setting. These meditational methods help you begin to change patterns in your life to reduce daily stress, anxiety, and ruminative worry which improve your ability to sleep and feel more relaxed. There are **four** meditation groups offered this semester.

**Group #1:** Wednesdays, 3:30pm-4:45pm (5 sessions, starting September 9<sup>th</sup>)

**Group #2:** Thursdays, 3:30pm-4:45pm (5 sessions, starting September 10<sup>th</sup>)

**Group #3:** Wednesdays, 3:30pm-4:45pm (6 sessions, starting October 21<sup>st</sup>)

**Group #4:** Thursdays, 3:30pm-4:45pm (6 sessions, starting October 22<sup>nd</sup>)

### **"Get Connected" Group**

**Description:** If you're feeling disconnected from others or not feeling like yourself, this is the group for you. Through interactions with other group members, you begin to better understand yourself, are able to explore those stressful or frustrating relationships in your life, and learn how to feel more connected. Topics of discussion vary greatly from academics, depression, anxiety, relationships, and/or personal growth, among others. The group thrives on diversity as members discover their common bonds through sharing their experiences. **Three** groups are offered this semester.

**Group #1:** Thursdays, 1pm-2:30pm

**Group #2:** Thursdays, 4pm-5:30pm

**Group #3:** Fridays, 2pm-3:30pm

### **Living Well Support Group**

**Description:** This group provides a safe environment for students with chronic illness or disabilities. Students will gain self-care and stress relief tips, and learn to balance life with a chronic illness.

**Day & Time:** Thursdays, 3:30pm-5pm (6 sessions, starting September 3<sup>rd</sup>)

**To Sign Up:** Call the TCU Counseling Center at 817-257-7863