**Counseling Center Groups**

**Spring 2018**

**Alphabet Soup Group**

**Description:** A space for LGBTQ students to share individual struggles and joys, as well as learn more about oneself.

**Day & Time:** Wednesdays, 3:30pm-5pm (Todd Boling & Amanda) – a.swartz@tcu.edu

**“Get Connected” Group**

**Description:** Feeling disconnected or not yourself, or feeling stress from relationships in your life? This is the group for you.

## **Group #1:** Tuesdays 3:30-5pm (Cathy & Kristin) – c.g.elrod@tcu.edu

## **Group #2:** Thursdays 2pm-3:30pm (Lindy & Alexandra) – l.lotz@tcu.edu

## **Group #3:** Fridays 2:30pm-4pm (Linda & Jenna) - l.wolszon@tcu.edu

## **Graduate Student Support Group**

**Description**: A supportive place for graduate students dealing with stress, work/life balance, and managing professional and personal relationships.

## **Day & Time**: Mondays 2pm-3:30pm (Kristin & Amanda) – k.mcdonald@tcu.edu

## **Grief Group**

**Description**: A supportive place to cope with grief and loss, receive comfort and encouragement, and benefit from understanding in a nonjudgmental way.

## **Day & Time**: Thursdays, 3:30pm-5pm (Cathy & Brit) – c.g.elrod@tcu.edu

## **Moderately Lit Group**

## **Description**: A psycho-education and support for TCU students who wish to reduce or better monitor their use of alcohol and/or marijuana

## **Day & Time**: Fridays, 10am-11am, starting Feb. 9th (Eric & Caroline) – e.c.wood@tcu.edu

**Meditation Group - Stress, Anxiety & Sleep**

**Description:** Learn and practice various styles of meditation to reduce daily stress and ruminative worry & improve sleep. Each group meets for 6 weeks.

**Group #1:** Wednesdays, 3:30pm-4:45pm (starts February 6th) (Matt) – m.johnson@tcu.edu

**Group #2:** Thursdays, 3:30pm-4:45pm (starts February 1st) (Matt)

## ***\*If interested, please email the appropriate group leader to discuss your interest in the group.***