

Counseling Center Groups & Workshops

Fall 2018

Groups

Alphabet Soup Group – 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 - 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: Wednesdays 3pm-4:30pm (Lindy & Stephanie) – l.lotz@tcu.edu

Becoming Socially Successful Group –

Learn how to feel more comfortable in social settings, how to get involved in conversations, and how to combat the negative self-talk of social anxiety.

Day & Time: Fridays 3pm-4:30pm (Linda & Carlie) – l.wolszon@tcu.edu

Graduate Student Support Group - 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 - A supportive place to cope with grief and loss, receive comfort and encouragement, and benefit from understanding in a non-judgmental way. Student loss must be at least 1 year out.

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

Meditation Group for Stress, Anxiety & Sleep – A 6-week group focused on learning and practicing various styles of meditation to reduce daily stress and ruminative worry & improve sleep.

Group #1: Wednesdays, 3:30-4:45pm (starts Sept. 5th) (Matt) – m.johnson@tcu.edu

Group #2: Thursdays, 3:30pm-4:45pm (starts Sept. 6th)

Workshops

Keep Calm and Stress Less Workshop

– A 3-session CBT-oriented workshop to learn anxiety management skills

Mondays Group: 3pm-4pm (Sept. 10, 17 & 24) (Lindy & Cathy) – l.lotz@tcu.edu

Tuesdays Group: ?? (TBA)

Thursdays Group: ?? (TBA)

Alcohol Education Workshop - A one-

time, 2-hour educational workshop addressing the physical and psychological effects, benefits and risks of use, legal status, & genetic factors of alcohol use, as well as strategies to drink responsibly and reduce harm. Must sign up beforehand.

Day & Time: Friday, October 12, 2pm-4pm (Caroline) – c.k.albritton@tcu.edu

Cannabis Education Workshop: A one-

time, 2-hour educational workshop addressing the history, physical and psychological effects, legal status, methodology of use, and perceived benefits and risks of Cannabis use. Must sign up beforehand

Day & Time: Friday September 28th, 2pm-4pm (also on: October 25 & December 7) – (Caroline)

c.k.albritton@tcu.edu

Support Groups

Collegiate Recovery Peer Support

Meetings: Open and Anonymous peer support group for any TCU student who has the desire to change their alcohol, marijuana, or other substance use. **No sign up necessary, just show up.**

Day & Time: Thursdays 6:00-7:30pm, (Tom Brown Pete Wright Commons Building, 2nd floor lounge) (Caroline)

The Ripple Effect: Open and Anonymous peer support group for any TCU student who has been affected by a family member, friend, or loved one's substance use. **No sign up necessary, just show up.**

Day & Time: Wednesdays 1:00-2:00pm (Tom Brown Pete Wright Commons Building, 2nd floor lounge) (Caroline)