THERAPEUTIC GROUP SUPPORT

WWU COUNSELING CENTER | FALL 2019

MONDAY

Understanding Self and Others | 2-3:20pm
Process group: Students of all identities can learn more about themselves, relationships, and connecting with others in an experiential setting.

Women’s Group | 3:30-4:50pm
Process group: Students identifying on the feminine gender spectrum connect and discuss issues relevant to their lives, identities, and well-being.

TUESDAY

Build your Social Confidence | 2-3:20pm
Skills group: Learn and practice new skills and strategies to reduce fear and discomfort in social situations that contribute to feelings of loneliness and isolation.

Mindfulness | 3:30-4:50pm
Skills group: Find balance through exploration of mood and anxiety concerns. Improve emotional health through guided meditation and experiential activities.

WEDNESDAY

Queer Connections | 2-3:20pm
Support group: Students looking for a safe and confidential space to discuss issues related to LGBTQIA identities. All welcome, including those questioning their identity.

THURSDAY

Strength Forward | 2-3:20pm
Support group: A weekly group to support injured student-athletes while they learn and improve their ability to cope with injury-associated struggles.

Yoga for Resilience | 2:30-4pm
Skills group: A trauma-informed, gentle yoga series designed to cultivate coping skills and self care through breathing, movement, writing, and discussion. Bring your own mat!

After Silence | 3:30-4:50pm
Support group: A confidential space for students who identify on the feminine gender spectrum to learn resilience skills and connect with others after experiencing interpersonal violence.

Men’s Group | 3:30-4:50pm
Process group: A setting where students identifying on the masculine gender spectrum can connect and discuss issues relevant to their lives, identities, and well-being.

CALL OR DROP IN TO THE COUNSELING CENTER TO SCHEDULE A CONSULTATION!
360-650-3164 | OM 540