

# Counseling Services



**Join a Spring 2023 Therapy Group Today!**

<p><b><i>Athletes Connected: Injuries (Wed.)</i></b></p> <p><i>This support group is designed for athletes struggling with an injury.</i></p> <p>Date/Time: 01/18 - 04/18, 2:00pm - 3:00pm Location: Norman Field House, NAFH *311</p>	<p><b><i>“Riding the Wave” (Tue. – Bi-Weekly)</i></b></p> <p><i>Focuses on day-to-day skills students may struggle with (time management, organization).</i></p> <p>Date/Time: 01/17 - 04/18, 10:00am - 11:00am Location: Lib Jackson Student Union, LISU *A104</p>
<p><b><i>“WGSRD: Women, Gender, Sexuality, Relationships, Diversity” (Thurs.)</i></b></p> <p><i>Discussing healthy vs. unhealthy relationships, mental health, and diverse gender and sexual identities.</i></p> <p>Date/Time: Thursdays at 2:00pm Location: Counseling Services</p>	<p><b><i>Creative Journaling Workshop (Thurs.)</i></b></p> <p><i>Process that incorporates doodling, collaging, scrapbooking, in addition to writing.</i></p> <p>Dates/Times: 01/26 - 04/20, 2:00pm - 3:00pm Location: BRTN *201</p>
<p><b><i>Grad Chat (First Wed. of the Month)</i></b></p> <p><i>Share topics on time management, managing stress, communicating with advisor, work/life balance &amp; self-care.</i></p> <p>Dates: 02/01, 03/01, 04/05, 05/03 3:00pm - 4:00pm Location: LISU *A104</p>	<p><b><i>BIPOC Support Group (Tue.)</i></b></p> <p><i>Support group for Black, Indigenous, People of Color to help cope with various challenges.</i></p> <p>Dates/Times: 01/24 - 04/19, 2:00pm - 3:00pm Location: Counseling Services</p>