

NC STATE

## Counseling Center

# 2017-2018 GROUPS

How can I join a group? Call us at 515-2423 or just stop by the counseling center and ask!

### **Fear-Less:**

Do you suffer from Anxiety? Learn skills to successfully manage your anxiety using a structured Cognitive-Behavioral Therapy approach. For Undergraduate students.

### **Mindful Living:**

Learn to manage stress and build a greater awareness around self in 4 weeks using effective mindfulness techniques.

### **SOS (Sustaining Our Selves):**

Learn practical, empowering skills to better manage intense, painful emotions such as anxiety, frustration, sadness, fear, anger and hurt.

### **Graduate Women's Support:**

Give and receive support around the unique challenges graduate school presents to women both professionally and personally.

### **Perfection Trap:**

Examine identity issues, self-esteem and body image concerns, relationship issues and academic expectations related to perfectionism. For Graduate women.

### **ADHD Focused Group**

Learn skills to successfully stay focused and figure out ways to make the ADHD mind work for you.

### **Survivors:**

A group for undergraduate and graduate women who have experienced traumatic life events. Members learn insights about how past experiences impact their current life and learn skills to manage emotions.

### **Understanding Self and Others:**

Let your guard down. Talk honestly about what worries you. Receive and offer support. In these groups, you can learn about how you relate to others and experiment with new ways of relating. In the process you can grow as a person and learn how to develop more satisfying relationships. Groups are available for both Undergraduate and Graduate Students Monday-Friday!

### **Substance Use & Other Addictive-type Behaviors:**

#### **Come As You Are:**

Work on making healthier alcohol/drug/gambling/internet/and gaming decisions. Students explore how use has led to difficulties, affects behavior, and ways to prevent recurring problems.

#### **Pack in Action:**

Maintain abstinence from addictive behaviors, including substance use, gambling, and gaming. You will be in a supportive and safe place, among other students in recovery, where you can develop strategies and tools to support your own recovery.

### **GLBTQ Groups:**

#### **Pride Counseling Group:**

Explore life issues, worries, and concerns in a small, safe, confidential setting. Share support and caring with other students in the GLBTQ community.

#### **Transcending and Connecting:**

Connect, explore, and learn with other students of trans\* experience. Give and receive support. The focus is on connecting with others and exploring identities in a safe space.

### **International Student Success:**

We welcome our NCSU students from across the globe! Share support and ideas, improve productivity, and strengthen coping skills for emotional well-being and academic success.

### **Women of Color:**

Explore and discuss topics related to identity, emotional and social health, role expectations, and relationships as a woman of color—with other women in a safe and supportive setting. Groups are available for both undergrad and graduate students

### **Men of Color:**

Explore and discuss topics related to identity, emotional and social health, role expectations, and relationships as a man of color—with other men in a safe and supportive setting.

### **Exercise is Medicine:**

Exercise is a powerful tool— use it to address anxiety and depression. This innovative group is a collaboration with the Rec Center and will involve group exercise, paired with group processing and support.

### **Wellness Support:**

For students with chronic medical concerns. Receive and give support. Share ideas and strengthen your skills to succeed.

### **Eating Disorder Recovery:**

The Eating Disorder Recovery (EDR) Group aims to foster a safe, supportive space for students who have struggled, or are struggling, with disordered eating thoughts and body image concerns.