Counseling Center Groups
How can you join a group? Call the Counseling Center at 919.515.2423 and ask!

Nurturing Balance:
A DBT-informed group that teaches practical, empowering skills to help communicate more effectively in relationships, to understand and better manage intense or painful emotions, and to help cope in more constructive ways.

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.

Survivor Group:
A group for students who have experienced traumatic life events. Members learn insights about how past experiences impact their current life and learn skills to manage emotions.

Expressive Arts:
Self exploration and stress reduction through art, movement, music, and poetry.

International Student Group:
We welcome our NC State students from across the globe! Share support and ideas, improve productivity, and strengthen coping skills for emotional well-being and academic success.

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

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.

Eating Disorder Recovery:
The 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.

LGBTQ++ 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 LGBTQ++ 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.

The Shop:
The Shop is an authentic space for students who identify as black males. The group exists on a foundation of respect, community, and authenticity. All black male students are invited to come join a community that accepts and empowers their identity.

Undergraduate and Graduate Groups Available

Pledge to Service and Self:
A co-ed group to give and receive support around the unique issues being a student presents to veterans and service members.