

Coping Skills & Process Group

When: Thursdays, 3:00pm-4:00pm. (Starting Feb. 28th).

Where: Lyle Hall, 3rd Floor, Counseling Center.



This group will be an educational and hands-on 4 session series designed to help students understand, manage and cope with common mental health problems among college students. Each session will have a theme: anxiety, relationship issues, depression, and stress management strategies. Sessions will be a mix of information, building skills, and receiving feedback and support from other students. Elements of mindfulness will also be incorporated in each session.

