

Counseling Groups

Fall 2021

Survivors of Sexual Assault and Violence Support. A safe space for survivors to connect and process their experiences.

When: Mondays 3-4 pm

Facilitator: Emily Perez

Love Your Body. A group for anyone experiencing a difficult relationship with body image and food.

When: Tuesdays 3-4 pm

Facilitator: Kirby Smith

My Name is No! A process group to explore how to identify, communicate, and maintain healthy boundaries because boundaries are for everyone!

When: Wednesdays 3-4 pm

Facilitator: Tiffany Prasertkul

Managing Difficult Emotions. Teaches skills to manage anxiety, depression, and anger. Some of the topics will include mindfulness, acceptance, and distress tolerance.

When: Thursdays 3-4 pm

Facilitator: Pam Amatucci



Location: Counseling Center

Starting the week of 9/27

Sign up now!