

COUNSELING SERVICES GROUP MENU

FALL TERM 2021

Series (4-5 weeks in length):

Anxiety Support Space: This 5 week group is for students who are experiencing mild to moderate anxiety. Students will learn how to identify anxiety, build awareness, and develop coping strategies and resources to incorporate into their daily lives. Students will have an opportunity to discuss their experiences and provide support to one another. Each week will build upon the week before so one must be willing to commit to attending all five sessions. This group will be held on Monday's from 12:00PM-12:50PM beginning the week of September 20th and will be facilitated by Nidhal Newash, LCSW. Email nidhalnewash@depauw.edu if you have any questions or would like to sign up for the group.

Drop-In Self-Care Hour: Thursday's from 11:30AM-12:15PM starting September 9th through September 30th in the Counseling Services, Group Room, Lilly Center 2033. This hour is for any students who would like support processing adjusting to life on campus, day to day stressors, and self-care.

Virtual Self-Care Hour: Friday at 3:00PM on September 10th and September 17th. This hour is for any students who would like support processing adjusting to life on campus, day to day stressors, and self-care. Email rebeccaroberts@depauw.edu for the Zoom link by 2:00PM of each session day.

Semester-Long:

Body Image and Intuitive Eating Group: A body image and intuitive eating group will be offered later this semester after Fall Break. Day and time will be determined contingent upon student interest. If you are interested in participating or have questions, please email Becky Roberts at rebeccaroberts@depauw.edu by Monday, October 4.

Friday Mindfulness Drop-In: Feeling stressed? Looking for coping strategies to help manage anxiety? Interested in strengthening your self-care routine? Drop in to Counseling Services on Friday mornings before lunch to learn and practice a variety of mindfulness-based skills that you can adopt for daily use. Each session will introduce different mindfulness practices - including deep breathing, relaxation exercises, guided visualizations, body scans, progressive muscle relaxation, centering exercises, etc. Attend as often as you like! Mindfulness Drop-In will be held in the Counseling Services Group Room on Fridays from 11:30 AM - 12:00 PM, starting Friday, September 17. Email Trevor Yuhás if you have any questions at trevoryuhás@depauw.edu.

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FALL TERM 2021 CONTINUED

HerStory: A weekly, drop-in support group open to women survivors of sexual harassment, violence, and/or assault. Meets at the Women Center, 306 E. Hanna St. Wednesdays at 4:00PM starting September 8. Co-facilitated by Counseling Services and The Women's Center. Contact Sarah Ryan at sryan@depauw.edu or Malorie McGee at maloriemcgee@depauw.edu for more information.

Meditation at Center for Spiritual Life: Wednesday's starting August 25th at the Center for Spiritual Life. All students are welcome to join us for this weekly brief meditation practice. No experience is required to take this opportunity to engage in a silent break in the day to clear the mind. Please email Scott Hamilton if you have any questions at scotthamilton@depauw.edu.

Mindful Yoga: Monday's 5:15PM-6:00PM and Wednesday's 9:00AM-9:45AM in Lily Center Room 1019 starting the week of September 13th. Join Clinical Counselor/Certified Yoga Instructor Becky Roberts in a mindfulness-based yoga practice to reduce both physical and mental stress.

You Belong Here: A weekly, drop-in support group to all DePauw students who identify as LGBTQIA+. Monday's beginning September 13 from 4:00PM-4:50PM at the Women's Center, 306 E. Hanna St. Co-facilitated by Counseling Services and LGBTQIA+ Services. Contact Sarah Ryan at sryan@depauw.edu for more information.

Outreach Requests:

Outreach Request Forms: Counseling Services provides a wide variety of outreach, prevention, and education programming. This programming is available to students, faculty, and staff. To request an outreach program, please complete our new Outreach Request Form! For general questions about types of outreach/prevention/education program options, please email Malorie McGee at maloriemcgee@depauw.edu.