

# COUNSELING SERVICES GROUP MENU

## SPRING TERM 2022

**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 from 4-5PM starting February 9th. 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 from 4-5PM starting February 2nd 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 4-4:45PM and Wednesday's 9-9:45AM in Lily Center Room 1019 starting February 1st. Join Clinical Counselor/Certified Yoga Instructor Becky Roberts in a mindfulness-based yoga practice to reduce both physical and mental stress. Contact Becky Roberts at rebeccaroberts@depauw.edu with questions.

**You Belong Here:** A weekly, drop-in support group open to all DePauw students who identify as LGBTQIA+. Monday's beginning February 7th from 4-5PM 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.

### **Social Wellness Programming:**

Each semester, our Mental Health Peer Educators are tasked with creating and implementing a Social Wellness Program in hopes of enhancing community connection and overall well-being. More information regarding Social Wellness Programs for Spring Term 2022 will be available later this month on our website or Instagram (@depauwcounselingservices).

### **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 Outreach Request Form! For general questions about types of outreach/prevention/education program options, please email Malorie McGee at maloriemcgee@depauw.edu.