<table>
<thead>
<tr>
<th>DAY &amp; TIME</th>
<th>Start Date</th>
<th>Fall 2018 GROUP</th>
<th>What To Expect</th>
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| Mondays 3:00-4:30 pm | Sept. 17th | Out or Questioning  
Facilitator: Hazel Lane, PsyD  
Location: Group Room  
Requires: Consent forms & Phone screening | A process group focusing on topics related to gender and sexual identities. This group is open to members of the LGBTQ in all stages of identity formation from questioning to integration who seek a safe place to discuss issues unique to the LGBTQ population. |
| Tuesdays 3:30-4:30 pm | Sept. 4th  | Mindfulness Toolkit  
Facilitator: Cristina Villegas-Hernandez, LCSW  
Location: Group Room  
Requires: Consent forms & phone screening | This three-part workshop series will introduce you to the benefits of mindfulness. The workshops will cover: mindfulness principles as well as formal practices (guided/breathing exercises, and informal practices (mindful walking, eating, & adult coloring). Join us in learning mindful tips and assist you in balancing college life. |
| Tuesdays 2:00-3:30 pm | Sept. 18th | RelationshipGoals  
Facilitator: Melissa Hernandez, LCSW, DSW  
Location: Group Room  
Requires: Consent Forms | A group for individuals who want to explore and strengthen their relationships with others. Topics will include: Healthy Relationships, Communication Strategies, Anger Management, and Problem Solving. |
| Wednesdays 11:00-12:30 pm | Sept. 26th | Managing the Distress Within  
Facilitator: Cristina Villegas-Hernandez, LCSW & Kristen Lopez, LMSW  
Location: Group Room  
Requires: Facilitator Screening | This group will focus on four skill modules that are designed to specifically assist individuals in better managing behavioral, emotional, and cognitive stability. The intent is to help students who may have difficulty with anger, or expression of anger, episodic depression, irritability or anxiety, or intense/chaotic relationships, stress and feelings of emptiness in order to help build on your life experiences. |
| Wednesdays 5:00-6:30 pm | Sept. 26th | Parent Support Group  
Facilitator: Kristen Lopez, LMSW  
Location: Group Room  
Requires: Consent Forms | This group is for student parents to meet, discuss the challenges of balancing school and parenting, and build a parenting support network. |
| Wednesdays 3:00-4:30 pm | Sept. 12th | Art Therapy  
Facilitator: Kristen McElroy, LPC, LCDC  
Location: Classroom  
Requires: Consent Forms | Art therapy provides a supportive environment to engage in self exploration and dialogue through the use of artistic expression. No artistic talent or skill required. |
| Thursday 3:30-4:30 pm | Sept. 6th  | Anxiety Toolkit  
Facilitator: Nathan Miller, PhD  
Location: Group Room  
Requires: Consent Forms | This three-part workshop series designed to help students struggling with anxiety related concerns. The series will help students understand anxiety, recognize their triggers and symptoms associated with: general anxiety, test anxiety, and social anxiety. Students completing workshops will leave with helpful anxiety management strategies. |
| Thursday Time:10:00-11:30 | Aug. 30th  | A.S.P.I.R.E  
Facilitator: Richard Blask, PhD  
Location: Group Room  
Requires: Screening & Consent Forms | A processing group for adult students (roughly mid-twenties and older). Common issues discussed include self-esteem, interpersonal challenges, family and other relationships, and sexuality. |
| Thursdays 3:00-4:30 pm | Sept. 27th | Managing the Distress Within  
Facilitator: Elizabeth Cosgrove, LPC & Hazel Lane, PsyD  
Location: Classroom  
Requires: Facilitator Screening | This group will focus on four skill modules that are designed to specifically assist individuals in better managing behavioral, emotional, and cognitive stability. The intent is to help students who may have difficulty with anger, or expression of anger, episodic depression, irritability or anxiety, or intense/chaotic relationships, stress and feelings of emptiness in order to help build on your life experiences. |
| Thursdays 2:00-3:00 pm | Sept. 5th  | SMART Recovery  
Facilitator: Kristen McElroy, LPC, LCDC  
Location: Group Room  
Requires: Consent forms & phone screening  
SMART- (Self-Management and Recovery Training)  
Students will learn techniques to manage substance use issues by helping them build and maintain motivation, cope with urges, manage thoughts, feelings and behaviors, and live a balanced life.  
***The SMART Recovery meeting is being provided through the Center for Collegiate Recovery Program.*** | SMART- (Self-Management and Recovery Training) Students will learn techniques to manage substance use issues by helping them build and maintain motivation, cope with urges, manage thoughts, feelings and behaviors, and live a balanced life. |
| Fridays 2:00-3:30 pm | Sept. 18th | Breaking the Silence  
Facilitator: Melva Torne-Boyd, PsyD & Susana Martinez, PsyD  
Location: Group Room  
Requires: Facilitator Phone Screening | Primary focus of this support group is to offer an opportunity to meet other survivors, share their stories, and increase feelings of being supported. Facilitators will assist members to tap into their own coping skills and learn new ones. |