<table>
<thead>
<tr>
<th>DAY &amp; TIME</th>
<th>Start Date</th>
<th>Spring 2019 GROUP</th>
<th>What To Expect</th>
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| Mondays 3:00-3:30 pm | Feb. 11th  | 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 11:12-12:00 pm | Jan. 29th  | Anxiety Toolkit  
Facilitator: Cristina Villegas-Hernandez, LCSW  
Location: Class Room  
Requires: Consent forms & phone screening | 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. |
| Tuesdays 1:00-2:30 pm | Feb. 12th  | Support Group for Sexual Assault Survivors  
Facilitator: Melva Torne-Boyd, 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. |
| Tuesdays 3:00-4:30 pm | Feb. 5th   | 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. |
| Wednesdays 11:00-12:30 pm | March 20th | Managing the Distress Within  
Facilitator: Kristen Lopez, LMSW & Nathan Miller, PhD  
Location: Group Room  
Requires: Screening & Consent Forms | 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 3:00-4:30 pm | Feb. 13th  | Creative Recovery  
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. This group is open to all students and will focus on healthy coping skills, recovery and general well-being. No artistic talent or skill required. |
| Thursday 3:30-4:30 | Jan. 31st  | Anxiety Toolkit  
Facilitator: Martha Chichil-Zepeda, LPC  
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. |
| Thursdays 2:00-3:00 pm | Feb. 14th  | SMART Recovery  
Facilitator: Kristen McElroy, LPC, LCDC  
Location: Group Room  | 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.*** |
| Thursdays 3:00-4:30 pm | Feb. 7th   | Managing the Distress Within  
Facilitator: Hazel Lane, PsyD & Elizabeth Cosgrove, LPC  
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. |
| Fridays 12:00-2:00 pm | Feb. 15th  | Adventure Therapy  
Facilitator: Susan Denny, LPC  
Location: East Campus Grounds  
Requires: In-person screening with S. Denny | This 8-week group plus 3-day backpacking trip, focuses on building skills to increase resiliency, which includes working on building trusting relationships, increasing confidence, and stabilizing emotions when challenged. The group will be held at a secluded outdoor area on campus, and will utilize nature, technical skills and activities that promote resiliency. In collaboration with Outdoor Pursuits, the group will go on a 3-day backpacking trip to Colorado Bend State Park on April 12-14. Participants must commit to the group and the trip. The trip has a fee of $85, that will be due prior to the course start. |