



Mental Health Services

Group Schedule

2017-18



Colonial
Health Center



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The Colonial Health Center offers several different styles of groups focusing on emotional wellbeing. Our goal is to serve all students at GW, with different styles and topics of groups. **Groups are open to GW students, free of charge* and unlimited.** To join a group, please come to the Colonial Health Center for a consultation and mention to the counselor that you are interested in group. Groups begin in mid-September and continue through the academic year. All groups take place in the Colonial Health Center.

i For further information, please contact us at counsel@gwu.edu.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-10:30am	Practical Mindfulness: Easing Anxiety Skills Room G27				
10:30-11:00am			Working Toward Health & Balance: Eating Concerns Support Group Room G30	International Students Growth Group Room G30	
11:30am-12:00pm	Graduate Student Growth Group Room G30				
12:00-12:30pm		Cultivating Acceptance: Specialized Skills for Body Image Concerns* Room G32		Mindful Self-Compassion Skills Room G30	
12:30-1:00pm			Still Standing... Getting Grounded: Trauma and Emotion Management Skills Room G30		
1:00-1:30pm	I Got it Right, so Why do I Feel so Bad? Skills for Healthy Socio-political Dialogues Room G30			Asian Women Support and Empowerment Group Room G30	
1:30-2:00pm			"Livin' My Life like it's Golden": Putting my Faith into Action Room G30		
2:00-2:30pm		Reflections and New Actions: Specialized Skills for Substance Use Concerns* Room G32			
2:30-3:00pm					
3:00-3:30pm	Understanding Yourself and Others Section 1 Room G30	Understanding Yourself and Others Section 2 Room G30	Understanding Yourself and Others Section 3 Room G30	Understanding Yourself and Others Section 4 Room G30	Taking Care of Your LGBTQ+ Self Room G30
3:30-4:00pm					
4:00-4:30pm					
4:30-5:00pm					

* Fee is associated with the group

Relational Growth Groups

♥ UNDERSTANDING YOURSELF AND OTHERS

This group is a great fit for students struggling with a variety of concerns such as depression, social anxiety, relational, and/or identity difficulties. Students in the group will connect with others from similar and different backgrounds, learn from each other, get and give feedback that can be translated to experiences outside of group, and support each other with their personal goals. Students will be able to practice new ways of relating to themselves and others through participation in the group and will be encouraged to engage in healthy relationship building and honoring each other's intersectional identities. There are four opportunities to attend, choose the time that fits your schedule.

Monday, Tuesday, Wednesday, or Thursday 3pm

Identity Specific Growth Groups

♥ GRADUATE STUDENT GROWTH GROUP

This group provides an environment for graduate students to develop better understanding and acceptance of themselves and others, as well as greater awareness into patterns in their relationships. Group members will be able to receive and provide feedback that they will be able to translate to relationships outside of the group. The group will encourage healthy processing of members' interpersonal differences and intersectional identities.

Mondays 11am

♥ INTERNATIONAL STUDENT GROWTH GROUP

International students may face challenges, while pursuing their degrees, such as homesickness, loneliness, or difficulty finding new friends. As an international student, you may struggle with language issues or academic concerns, frustrations while navigating a new city and university, the stress of family expectations, and discrimination. The International Student Growth Group provides a safe place for students, from all countries, to discuss their experiences and to meet others who can relate to their challenges.

Thursdays 10:30am

♥ ASIAN WOMEN SUPPORT AND EMPOWERMENT GROUP

This group offers a supportive and safe environment for female Asian students to connect and discuss challenges that may be unique to their shared identity. While acknowledging the many differences that exist across various Asian sub-communities, we will provide space to explore cultural factors that may be impacting school, relationships, career, and other life areas. This group aims to provide a venue for Asian women to empower each other as they develop greater awareness of their own unique challenges, which may be difficult to voice and explore in everyday life on their own.

Thursdays 1pm

♥ STUDENTS OF COLOR GROWTH GROUP

Being a person of color in a predominately white environment is a complex and many times stressful experience. This group aims to provide a warm and supportive environment for students of color to engage in open and authentic dialogues around what it means to be a student of color at GW. Students will also work on increasing awareness of how these factors impact their relationships with others and themselves.

Fridays 11:30am

♥ TAKING CARE OF YOUR LGBTQ+ SELF

This group will provide a safe space for LGBTQIA students to receive support from one another on a variety of topics and issues. We focus on the importance of taking care of ourselves and finding positive ways to approach life, while encouraging members to learn and grow from one another's feedback.

Fridays 3pm

Topic & Skills Groups

♥ PRACTICAL MINDFULNESS: EASING ANXIETY SKILLS GROUP

This is a drop-in group for students who want to learn skills to reduce their anxiety and increase their capacity for acceptance, via mindfulness and breathing techniques. Each group session will focus on a specific skill to better manage anxiety. Students will learn about how anxiety works, the basics of mindfulness, and various mindfulness techniques. This drop-in group does not require pre-registration, students may attend any or all sessions, but will be expected to sign in at the start of the group. There are two opportunities to attend, choose the time that fits your schedule.

Mondays 10am or Fridays 2pm

♥ I GOT IT RIGHT, SO WHY DO I FEEL SO BAD? SKILLS FOR HEALTHY SOCIO-POLITICAL DIALOGUES:

Conversations about politics, socio-political identities, privilege, and marginalization are challenging. In this group, students will benefit from improving communication strategies, deep self-reflection into their own defense strategies, critical and reflective thinking skills, receptiveness to feedback, and effective coping strategies for managing difficult feelings that occur in such dialogues. This group provides a supportive and challenging environment for students to learn and practice these skills for individual and interpersonal growth.

Mondays 1pm

♥ **STILL STANDING...GETTING GROUNDED: TRAUMA AND EMOTION MANAGEMENT SKILLS**

You may have faced unique struggles and challenges as a result of traumatic experience(s) and it's important to know that you're not alone. Join this group to experience a safe, encouraging, and confidential environment. You will gain support and learn healthy ways of coping, such as a better understanding of your emotions, relationship skills, mindfulness, and grounding techniques.

Tuesdays 12pm

♥ **WORKING TOWARD HEALTH & BALANCE: EATING CONCERNS SUPPORT GROUP**

This is a group for students who may be struggling with recovery or would like support in their recovery from any aspect of disordered eating or eating disordered behavior, such as negative body image, restricting, bingeing, purging, over exercising, and/or a preoccupation with food and weight. This group is not appropriate for students who are struggling with an active eating disorder.

Wednesdays 10:30am

♥ **MINDFUL SELF-COMPASSION SKILLS**

Many students struggle with persistent self-criticism. Self-criticism often serves as a barrier, in the way of a student's ability to fully and authentically live out their academic, career, and interpersonal goals. Students who participate in this group will learn tools for self-compassion, to foster emotional healing and overall resilience, enabling them to achieve personal goals.

Thursdays 12pm

♥ **"LIVIN' MY LIFE LIKE IT'S GOLDEN": PUTTING MY FAITH INTO ACTION**

Many people consider their faith to be a core part of their identity as it provides a source of hope and purpose. At the same time, it is often the part of themselves that they may talk the least about among their peers. This group offers a safe and supportive space for self-reflection, in which students explore their identity as it relates to their faith. The group will provide interactive discussion and skill building related to the following themes: how faith comes up in everyday experiences, real ways of putting spiritual beliefs into action, and the link between spirituality and mental health.

Wednesdays 1:30pm

Specialized Skills Groups

These are structured, specific, and goal-oriented six-week group sessions, on the topics of body image and substance use concerns. Entry into these groups includes a \$60 fee and members will earn a certificate of completion as recognition of growth and change. See the Specialized Skills Group schedule or ask your counselor for more information on the series!

♥ **CULTIVATING ACCEPTANCE: SPECIALIZED SKILLS FOR BODY IMAGE CONCERNS**

Tuesdays 12pm

♥ **REFLECTIONS AND NEW ACTIONS: SPECIALIZED SKILLS FOR SUBSTANCE USE CONCERNS**

Tuesdays 1:30pm

Mental Health Discussion Series

♥ Whether you struggle with your own wellbeing or are a concerned Colonial community member you are welcome to drop into this free group discussion—no registration required! Sessions address common emotional wellbeing concerns of GW students. Attend one, some, or all of the sessions. See the Mental Health Discussion Series schedule for more information!

Wednesdays 4pm

MENTAL HEALTH SERVICES

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