All groups are open to enrolled GW students, free of charge and unlimited. To join a group, please come to the Colonial Health Center for an initial consultation and mention to the clinician that you are interested in joining a group. All groups begin the week of September 12th, 2016, and continue through the academic year.

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 - 11:00am</td>
<td>Practical Mindfulness: Easing Anxiety</td>
<td>Body Image and Eating Concerns</td>
<td>International Student Group</td>
<td>Women of Color Graduate Student (11:30am-1pm)</td>
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<tr>
<td>11:00am - noon</td>
<td>Graduate Student Support (11am-12:30pm)</td>
<td>Body Image and Eating Concerns</td>
<td>International Student Group</td>
<td>Women of Color Graduate Student (11:30am-1pm)</td>
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<tr>
<td>noon - 1:00pm</td>
<td>Body Image and Eating Concerns</td>
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<td>International Student Group</td>
<td>Women of Color Graduate Student (11:30am-1pm)</td>
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<tr>
<td>1:00 - 2:00pm</td>
<td>Emotion Management</td>
<td>Undergraduate Growth (2:15 - 3:30pm)</td>
<td>Practical Mindfulness: Easing Anxiety</td>
<td></td>
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<tr>
<td>2:00 - 3:00pm</td>
<td>Little Fish in a Big Pond (Fall-Freshmen) &amp; Big Fish in a Little Pond (Spring-Seniors)</td>
<td>Taking Care of Your LGBT+ Self (3:00-4:30pm)</td>
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<td>3:00 - 4:00pm</td>
<td>Living with Loss</td>
<td>Mental Health Discussion Series</td>
<td>Rethinking Drinking (and Drug Use)</td>
<td></td>
</tr>
<tr>
<td>4:00 - 5:00pm</td>
<td>Recovery Support Group</td>
<td>I’ve Got Your 6</td>
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**BODY IMAGE AND EATING CONCERNS**

This is a supportive group for students who struggle with or are recovering from any aspect of disordered eating or eating disordered behavior, such as restricting, bingeing, purging, over-exercising, and/or a preoccupation with food and weight. (Section B of this group will open in November, should the need arise.)

**EMOTION MANAGEMENT**

This group is for students who have trouble regulating their emotions and want to learn ways to gain more control of these emotions. This group will teach skills in Mindfulness, a strategy to increase awareness and self-control. The group will help students attain personal goals, while enhancing self-respect and quality of relationships. Overall, the student will leave the group with strategies to understand and manage emotions in effective, non-harmful ways.

**GRADUATE STUDENT SUPPORT**

This group aims to provide a warm and supportive environment for graduate students who are interested in developing better understanding and acceptance of themselves and others, as well as greater awareness into patterns in their relationships.

**INTERNATIONAL STUDENT GROUP**

International students may face challenges while pursuing their degrees, including: homesickness, loneliness, or difficulty finding new friends. They 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 Group provides a safe place for students from all countries to discuss their experiences and to meet others who can relate to their challenges.

**LITTLE FISH IN A BIG POND (FALL–FRESHMEN) & BIG FISH IN A LITTLE POND (SPRING–SENIORS)**

This is a supportive group that helps undergraduate students manage the transitions associated with life in college. During the fall semester, the group is for first-time undergraduate students (freshmen) as they navigate the transition from high school to college. In the spring semester, the group is for graduating undergraduate students (seniors) as they navigate the transition from college to life after college.

**LIVING WITH LOSS**

This group is designed for students who have experienced a death of a loved one or loss of some kind. The process of grieving can be difficult to navigate, with emotions ranging from shock, anger, disbelief, and sadness. The Living With Loss Group is designed to help participants navigate their feelings and thoughts about the loss. By offering a safe space where participants can feel supported and express their feelings, it is anticipated that the goal of learning to live with the loss can be achieved.

**MENTAL HEALTH DISCUSSION SERIES**

Join us for a weekly discussion about common emotional well-being topics. Whether you struggle with your own emotional well-being or are a concerned Colonial community member, you are welcome to drop in to this group—no registration required. Topics vary by week (for details, see counselingcenter.gwu.edu).

**PRACTICAL MINDFULNESS: EASING ANXIETY**

This is a group for students who want to learn skills to reduce their anxiety and increase their capacity for acceptance. In this group students will learn about anxiety and its impacts, as well as how it functions for them. Each group will include learning experiential skills to help manage anxiety, including meditation, relaxation, and activities focused on altering anxiety-producing thought processes. This is a four-week group, and students will be asked to commit to coming to all four sessions.

**RECOVERY SUPPORT GROUP**

This support group for students in recovery from addiction and/or mental health concerns is open to any student who is committed to their recovery process and is seeking a safe, supportive group environment to talk about common issues and struggles involved with maintaining recovery, especially on a university campus. This group offers ample opportunities to talk about and share the benefits of recovery.

**RETHINKING YOUR DRINKING (AND DRUG USE)**

You might be thinking about changing your drinking and/or drug use after experiencing problems when using, or you just might not be that into it anymore. Come to this group for a non-judgmental and supportive place to learn practical strategies for changing your patterns of use—whether it be to cut down or stop using.

**TRAUMA SURVIVORS SUPPORT**

As a trauma survivor, you may have faced unique struggles and challenges as a result of your trauma—you are not alone. Join this group to experience a safe, supportive, and confidential environment where you can share your experiences and learn healthy ways of coping.

**UNDERGRADUATE GROWTH**

This group is for students who struggle with satisfying relationships and are left feeling unhappy, anxious, lonely, or empty. Students can use the group to learn about themselves, identify and expand their own relationships, try new behaviors, and clarify confusing feelings—all within a supportive yet challenging atmosphere.

**WOMEN OF COLOR GRADUATE STUDENT SUPPORT**

This group aims to provide a warm and supportive environment for women of color graduate students who are interested in developing better understanding and acceptance of themselves and others, as well as greater awareness into patterns in their relationships. In particular, we will explore unique stressors related to being a woman of color and a graduate student at GW.