**Counseling & Psychological Services/Sexual Assault Crisis Service**  
**Group Offerings, Summer 2017**  
*Most groups require an initial individual meeting. For more information call (812) 855-5711.*

**HEALTHY CONNECTIONS GROUPS**

**GRADUATE AND RETURNING STUDENTS:** *Thursday, 2:00-3:30 p.m. or Thursday, 2:30-4:00 p.m.*  
These groups focus on students learning to improve their relationships with others and deepen their understanding of themselves in relationships. These groups offer a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting.  
$17 per session with HF / $35 per session NHF

**MEN’S GRADUATE AND RETURNING STUDENTS:** *Thursday, 1:00-2:00 p.m.*  
This group focuses on men learning to improve their relationships with others and deepen their understanding of themselves in relationships. The group offers a safe place for members to share honest thoughts and feelings with one another about aspects of their ways of interacting and expressing themselves.  
$15 per session with HF/ $29 per session NHF

**FREE WORKSHOPS & SUPPORT GROUPS**

**SPECIAL POPULATION, SUPPORT & SKILLS GROUPS**

**DISSERTATION SUPPORT:** *Tuesdays, 1:30-3:00 p.m.*  
This group will focus on peer and emotional support, goal setting, and anxiety/stress management. $10 per session.

**STAYING OUT OF TROUBLE:** *Fridays, 3:30-4:30 p.m.*  
Drug and alcohol use can have a number of unintended consequences. Sometimes students are aware of them, sometimes not. If you are interested in exploring your drug and alcohol use in this non judgmental atmosphere so you can better make up your own mind about the risks and benefits, please consider attending this group.  
$15 per session with HF/S29 per session NHF.

**SOBRIETY:** *Wednesdays, 2:30-3:30 p.m.*  
Are you sick and tired of how drinking and using drugs are affecting you? Are you ready to stop? Sobriety is here to help you succeed. This is an open ended therapy group that you can join any time. It’s all about learning what works for you in a non-judgmental way.  
$15 per session with HF/ $29 per session NHF

**ANGER MANAGEMENT:** *Thursdays, 2:30-3:30 p.m.*  
Have you gotten in trouble due to anger? Would you liked to utilize counseling? Come to the Anger Management group.  
Talk about what happened. Figure out what to do next time. Try to see it from the other person’s perspective. Length in group is negotiated but typically 8 sessions are recommended. No group preparation session is necessary.  
$15 per session with HF/ $29 per session NHF.

**SHIFTING GEARS:** *Fridays, 2:30-3:30 pm*  
Are you in your last semester of college or getting ready for a big internship? Have you enjoyed the party life of college? Then it may be time to start shifting gears. This group is all about making the change from college to work life. Come in, talk about what you’re doing, think about what is coming up and make a plan on how to meet it head on. Shifting Gears Group is about you making an assertive move to maximize success after college.  
$15 per session with HF / $29 per session NHF.

**MANAGING YOUR EMOTIONS:**  
*Interpersonal Effectiveness: Wednesdays, 3:00-4:30 p.m.*  
The Interpersonal Effectiveness Group teaches you skills to communicate in a way which will increase the likelihood of achieving your objectives, maintaining relationships, and maintaining your self-respect. Talk to you counselor to determine if this group will be helpful for you.  
$17 per session with HF / $35 per session NHF.

**MINDFULNESS-BASED STRESS MANAGEMENT:** *Tuesdays, 2:00-3:00 p.m.; Thursdays, 10:00-11:00 a.m.*  
Mindfulness is the practice of being in the present, not the past or future. Use of mindfulness-based techniques is linked to reductions in anxiety, physical pain symptoms, and depression. This psycho-educational workshop will use graduated experiences and repeated practice to cultivate a greater capacity to focus mindfully on the present. These techniques can be an important component of stress management, allowing you to live your life with less turmoil. These workshops are FREE and we encourage you to attend as many as you wish.

Check [http://healthcenter.indiana.edu/counseling/](http://healthcenter.indiana.edu/counseling/) and @IUHealthCenter for the most up-to-date information about our groups and workshops. Follow us on Facebook (IU Counseling and Psychological Services or Indiana University Sexual Assault Crisis Service) and Twitter (@IUHealthCenter).