HEALTHY CONNECTIONS GROUPS

GRADUATE AND RETURNING STUDENTS: Tuesdays, 5:60 p.m., Thursdays, 2:30-4:00 p.m.
UNDERGRADUATE: Mondays, 10:00-11:00 a.m., Fridays 1:30-2:30 pm, Fridays 2-3 pm
MEN'S GRADUATE AND RETURNING STUDENTS: Wednesdays, 9-10 am
WOMEN'S GRADUATE AND RETURNING STUDENTS: Tuesdays, 1-2 pm

Location: CAPS, 4th floor, IU Health Center

Offered for students of color using a multicultural approach. Topics covered in the group may include: navigating spaces as students of color, negotiating privilege(s), and addressing responses and emotional reactions triggered by experiences of discrimination, stress, anxiety, depression) have more to do with how we relate to others than we think. Healthy Connections Group will help members explore the relationship between their interpersonal style and their emotional well-being. Members will be encouraged to experiment with new behaviors, which can foster more meaningful connections with others and enhance emotional health. $15 for hour session/$17 for 1 ½ hour session

SPECIAL POPULATION AND SKILLS GROUPS

All groups are located at CAPS on the 4th floor of the IU Health Center.

NOURISH: THE BODY AND THE SELF: Fridays, 3:00-4:30 p.m.
Do you have a difficult relationship with food and how you see yourself? This process-oriented therapy group is designed to explore eating disorder struggles while creating self-awareness of thoughts, feelings, and effectiveness in relationships. Discussion is not focused on when/where/how members engage in disordered eating behaviors. If you are interested in learning about your relationship with self/others, providing and receiving support, talk to your counselor or schedule an intake. $17 per session.

FAMILY RELATIONSHIPS: TBD
Talking about family problems can feel hard to do, especially if you’re not sure others will understand. This group will give you a supportive, safe space to talk to students who share similar struggles. Group members will increase their understanding of how family relationships impact their beliefs about themselves and others, and their current relationship patterns. $17 per session.

EDUCATION AND EXPLORING GROUP: Fridays, 2:00-3:00 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 to better make up your own mind about the risks and benefits, please consider attending this group. $15 per session.

ANGER MANAGEMENT: Fridays, 2:30-3:30 p.m.
Have you gotten in trouble due to anger? Would you like to utilize counseling? Come to the Anger Management group. Talk about what happened. Figure out what to do next time. Try to see your situation from others’ perspectives. Length in group is negotiable but typically eight sessions are recommended. No group preparation session is necessary. $15 per session.

TAKE BACK YOUR LIFE: Thursdays, 2:30-3:30 p.m.
Do you have a problem with alcohol or drugs? Do you need treatment? Taking back your life is a one hour a week group. It is real treatment that you can do now. $15 per session.

MANAGING YOUR EMOTIONS: Distress Tolerance-Mondays: 10:30a.m.-12:00 p.m, Emotion Regulation-Wednesdays 1:00-2:30 p.m.
These groups are based on Dialectical Behavioral Therapy skills. The goal of these groups is to help participants feel more balanced and in control of their lives. The skills focus on decreasing interpersonal chaos, labile emotions, impulsiveness, and cognitive dysregulation while increasing interpersonal effectiveness, emotion regulation, distress tolerance and mindfulness. The groups are broken into three skills training modules of 6-8 sessions each. Emotion Regulation Skills assist you to decrease vulnerability to negative emotions, increase positive emotions, change emotions, and tolerate emotions. Distress Tolerance Skills teach new coping skills to help people get through crisis without making things worse. The Distress Tolerance Skills target problem-coping behaviors such as self-injury, bingeing, purging, over-exercise, substance use, addictive behaviors, suicide, and angry outbursts. The Interpersonal Effectiveness Skills teaches you to communicate in a way which will increase the likelihood of achieving your objectives, maintaining relationships, and maintaining your self-respect. Each group is $17 per session.

DISARM DEPRESSION: Wednesdays, 4:30-6:00 p.m.
About 1 in 4 individuals experience depression at some point in their lives. In this group, we will examine how our thoughts, feelings, and behaviors influence our mood and work to navigate our depressive experiences through the development of coping strategies. Each session, will consist of an education component and time for each group member to process how the material relates to their personal experience. Through the use of mindfulness, group members will learn how staying in the here-and-now can be a valuable strategy toward working through their depression. Each group is $17 per session.

FREE SUPPORT GROUPS

All groups are located at CAPS on the 4th floor of the IU Health Center. With the exception of the Self-care for Survivors, students need to already be a client of CAPS or have completed the CAPSNow appointment before starting group.

HEALTHY RELATIONSHIPS SUPPORT GROUP: Wednesdays, 1:30-2:30 p.m.
A confidential, all-gender support group for individuals who are questioning the health of their relationships and/or recognizing patterns of power and control within their relationship.

SELF CARE & SUPPORT FOR SURVIVORS: Fridays, 1:00-2:30 p.m.
This group is open to undergraduate and graduate students who are survivors of: sexual violence/misconduct, interpersonal violence, intimate relationship violence, childhood sexual abuse, stalking and sexual harassment. The purpose of this group is to provide a safe and therapeutic environment to decompress from weekly stressors. Each meeting will begin with a structured self-care activity followed by an optional space for participants to gain support, with a break in between the two segments.

EMPOWERING STUDENTS OF COLOR SUPPORT GROUP: Thursdays, 9:30-10:30 a.m.
This is a support group for students of color using a multicultural approach. Topics covered in the group may include: navigating spaces as students of color, negotiating privilege(s), and addressing responses and emotional reactions triggered by experiences of discrimination, stress, anxiety, depression) have more to do with how we relate to others than we think. Healthy Connections Group will help members explore the relationship between their interpersonal style and their emotional well-being. Members will be encouraged to experiment with new behaviors, which can foster more meaningful connections with others and enhance emotional health. $15 for hour session/$17 for 1 ½ hour session

For more information, visit healthcenter.indiana.edu/counseling and @IUHealthCenter on BeINvolved, Facebook, Twitter, Snapchat, and Instagram for the most current information about our groups and workshops.
discrimination and micro/macroaggressions. The group will be able to address interpersonal difficulties, academic stress, and other topics that will help group participants increase sense of empowerment.

**CHRONIC ILLNESS SUPPORT GROUP:** Thursdays, 3:00-4:00PM.
Chronic illness can be one of the most stressful life events, but it doesn’t have to be experienced alone. In this group, we will provide a confidential space to process and share your story, connect with others, & develop tools for managing your illness. Topics include adjusting to your new life, how to share your illness with others, advocacy, navigating health care, & self-care.

**TRANS SUPPORT GROUP:** Fridays, 1:00-2:00 p.m.
The Trans Support Group offers a safe and supportive environment for transgender students to explore stressors as they pertain to issues of identity, transitioning, transphobia, relationships, and mental health. In addition to exploration and social support, the group will include ways of navigating stress and distress from social, cultural, and political sources.

**DISSERTATION SUPPORT:** Tuesdays, 1:30-3:00 p.m.
This group focuses on peer and emotional support, goal setting, and anxiety/stress management related to dissertations.

**FREE WORKSHOPS**
Please see Workshop description for location of free Workshops

**MINDFULNESS MEDITATION:** Mondays and Tuesdays, 10:00-11:00 a.m.; Wednesdays and Thursdays, 2:00-3:00 p.m. Please note: Thursdays are practice only, no introduction to mindfulness. Practices will be longer than the other days, about 25 minutes of mindful focusing. Some prior experience is preferred.
Location: CAPS, 4th floor, IU Health Center
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. We encourage you to attend as many as you wish.

**WORKSHOP ON GRIEF & LOSS:** Mondays, 2-3:00 p.m., January 14, February 4, March 4, April 1 and April 29
Location: CAPS, 4th floor, IU Health Center
Have you lost a loved one? Are you grieving the loss of a family member, a friend, a partner or anyone else whose death is affecting you? Whether your loss was recent or years ago, this workshop will provide information on: the unique challenges of grief, space to work through the pain of grief.

**MONDAY MOTIVATORS:** Mondays, 4:00-5:00 p.m.
Location: Wells Library East Tower, Hazelbaker Hall, E139
Drop-in for free workshops to boost your success at IU!

January 14, 2019: "Self-Compassion & Resilience" - Research suggests the skill "self-compassion" decreases emotional suffering and helps people to thrive. In this workshop, participants will learn about the elements of self-compassion, the benefits of self-compassion, and practice experiencing self-compassion.

February 4, 2019: "Living Social" – Feeling nervous about meeting new people or hanging out with friends? Come join us as we explore different ways to more comfortably engage in social situations and confront social anxiety.

February 25, 2019: "Body Esteem Boot Camp: Talking Back to Media"- Do you find media influencing your body esteem? Want to learn how to critically view the media and in turn improve your relationship with self, body and others? Come join us for this conversation based workshop.

March 4, 2019: "Conquer Procrastination"- This workshop will provide you with tools to strengthen your academic skills as well as provide tips to better manage your academic experience. From time management to study strategies, this workshop will assist you in finding your path to academic success.

March 25, 2019: "Stress Management"- If you're feeling overwhelmed, burnt out, or “blah”, this workshop is for you. We will help you learn skills to change the way you manage stress and take care of your stressed-out body!

April 8, 2019: "Help Me Sleep!"- Can't fall asleep? Waking up tired? We can help you sleep better! Improved sleep increases your concentration and learning and balances your mood. We will help you find ways to change the way you sleep.

April 22, 2019: "Know Your Emotions Inside Out"- Do you ever wonder what your emotions might be trying to tell you? This workshop will encourage you to tune into your emotions using the lens of Disney & Pixar’s animated feature “Inside Out,” and find out how to start using emotions to guide values, decision making, and relationships.

**WEB WEDNESDAYS:** Wednesdays, 11:00 a.m.-12:00 p.m.
Location: Your computer! Go to iu.zoom.us or download the Zoom cloud meetings app. Enter the ID number: 541-962-473
January 9 & January 16: Adjusting to College-Get tips on adjusting to college life while learning how to handle roommate, school, work or friendship issues.

January 23, February 20 and April 3: Stress Management-Feeling overwhelmed with life? We can help you destress!

February 13 and April 10: Time Management & Study Skills-Learn how to study smarter, not harder, and how to manage your time so you can still have fun!

February 6 and March 27: Procrastination- We all do it. Now learn how to do it less.

January 30, March 20 & April 17: Sleep- Log on and learn some helpful tips on getting better sleep!

February 27, March 6, April 24 & May 1: Finals Prep- Stressed out about finals? Log on for helpful tips on test, anxiety, studying, and more!