

Group Therapy Offerings—Spring 2023

When: Groups meet weekly

From: Week of 2/13/2023 - 4/24/2023

Group	Day/Time
Haven LGBT+ Group	Mondays 3 pm - 4:30 pm
Monarchs in Motion	Tuesdays 11 am - 12:30 pm From: 1/31 to 2/28
Get Out of Your Head: Coping with Anxiety	Tuesdays 3 pm - 4:30 pm
Big Bang Theory: Grad Student Grp	Wednesdays 11 am - 12:30 pm
WOW: Women On Wednesdays	Wednesdays 2 pm - 3:30 pm
Seeking Safety	Thursdays 3 pm - 4 pm

****Most groups require a group screening appointment in order to join; Call 757-683-4401 (press 1) to schedule a group screening**

Descriptions (for more detailed information, ask to talk to a group leader or the group counseling coordinator):

Big Bang Theory: Grad Student Group—An Interpersonal process group for graduate students that provides a unique therapeutic space in which to give and receive feedback, receive support, and develop insight into relationship patterns.

Get Out of Your Head: Coping with Anxiety—A supportive place where group members will be invited to identify anxious thought and behavior patterns and apply new healthier alternatives in their lives.

Haven LGBTQ+ Therapy Group—Safe, supportive therapy group focused on the mental health needs of the LGBTQ+ community

Monarchs in Motion—5-week, self-care program where you journey through different wellness activities to get moving. Each week includes discussions of psychoeducational topics such as ways to manage stress or body image, a 30 min activity in the Student Rec Center, and a time to debrief and reflect.

Seeking Safety—Supportive group that focuses on the present where you can learn coping skills to help become more safe in your relationships, thinking, and actions.

WOW: Women on Wednesdays—An Interpersonal group for women that provides a unique therapeutic space in which to give and receive feedback, get support, and discuss relationship patterns.

Please note: groups may possibly be canceled due to lack of participation.

