

# ODU Office of Counseling Services Group

## Therapy Offerings—Spring 2025

**When: Groups meet weekly**

**From: Week of 2/17/2025 - 5/1/2025**

| Group  | Day/Time                               |
|--|--|
| <b>Graduate Student Group</b><br>Virtual, Zoom                     | <i>Mondays</i><br>11 am - 12:30 pm     |
| <b>Haven LGBT+ Group</b><br>Virtual, Zoom                          | <i>Mondays</i><br>4:30 pm - 6 pm       |
| <b>Refuge: Men's Group</b><br>In-person,<br>Counseling Center      | <i>Tuesdays</i><br>12:30 pm - 1:30 pm  |
| <b>WOW: Women On Wednesdays</b><br>In-person,<br>Counseling Center | <i>Wednesdays</i><br>11 am - 12 pm     |
| <b>Seeking Safety</b><br>In-person,<br>Counseling Center           | <i>Wednesdays Time:</i><br>1 pm - 2 pm |
| <b>Get Out of Your Head: Coping with Anxiety</b><br>Virtual, Zoom  | <i>Thursdays</i><br>11 am - 12:30 pm   |
| <b>Let's Talk About It</b><br>Virtual, Zoom                        | <i>Thursdays</i><br>12:30 pm - 1:30 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):

**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.

**Graduate 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.

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

**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.

**"Let's Talk about it" Group**—A safe place to talk with other student about current events.

**Refuge: Men's Support Group**—Refuge is a safe space for men to process life's daily challenges, develop emotional awareness, and grow in c community with other men navigating college life.



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



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