



## Psychological Counseling Center Groups for Fall 2019

The groups below will meet for approximately eight weeks and will be closed to new members after the second meeting. Committed attendance is encouraged to promote group cohesion. Contact us to set up an intake!

❖ **All of Me** Wednesdays, 12:30-2:00pm, facilitated by Lauren Spencer, LCSW

**All of Me** is a support group for students who identify on the LGBTQIA+ spectrum. The goal of the group is to create a trusting space to process life and campus issues, build skills to manage challenges, and explore various aspects of identity. Topics are developed by the group, and often include themes such as increasing self-esteem and resilience, coming out, managing difficult relationships, and creating peer support networks.

❖ **Wise Mind** Tuesdays, 2:30-4:00pm, facilitated by Meghan Shea, LCSW-R

Do your emotions often feel really intense, overwhelming, and out of control? Almost like a big wave that knocks you down? **Wise Mind** is a Dialectical Behavior Therapy (DBT) informed, skill-based group designed to help you feel more in control and prepared when that wave of emotion hits. Together we will learn ways to handle difficult interpersonal situations, regulate our emotions, and feel more hopeful, mindful, and relaxed.

❖ **SSWAG** Wednesdays, 3:30-5:00pm, facilitated by Catherine E. (Candy) Davies, LCSW-R

**Strong Successful Women Achieving Greatness** "SSWAG" is a support group that seeks to help members increase their self-awareness and self-esteem, learn to set boundaries, and navigate relationships. Specific weekly discussion topics will be chosen by the group, and may include: becoming more assertive, managing worry, and creating relationship balance.

The workshops below are set on a rotating basis or on specific dates, contact the PCC for more information.

❖ **#SkillstoChill** Thursdays, 2:30-4:00pm, facilitated by Sarah Burrows, LMHC

Stressed out?!! Is anxiety interfering with your ability to do your best academically or with your comfort in social situations? **#SkillstoChill** is a 3 session group that teaches you the basics of how your nervous system functions and how to regulate it. You will learn numerous skills to reduce your reactivity to the stressors of college life, and leave with a stress-busting toolkit to help you feel a little more hopeful and in control!

❖ **Positive Masculinity Workshops** Facilitated by Joel Oppenheimer, LCSW

Wednesdays - 9/18, 10/23, 11/20, 6:00-8:00pm at College Terrace

This interactive workshop is about building relationships and community as we share about the impacts of masculinity. Our goal is to break down the social constructs of masculinity, individualism, and colonization so that we can create a new village of support and safety. This workshop is for all gender identities and all members of the New Paltz community. No need to register, just show up.

❖ **P.A.T.H. (Preventing Anxiety Through Health and Healing)** Dates and times TBD

**P.A.T.H.** is a guided interactive experience with nature and art. By finding deeper connection to our environment, both natural and made, we can improve our mental health and feel better. Experiencing the vastness of our world connects us to a deeper narrative where our stressors have less impact and a greater you can emerge. We also do light yoga and mindfulness exercises to further expand our healing potential.

**Please Note:** PCC groups fill up quickly. Please call early in the semester for information and next steps: (845) 257-2920.

**Web:** <https://www.newpaltz.edu/counseling/group-counseling/> **Instagram:** @newpaltzpcc

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