



**Psychological Counseling Center  
Groups for Spring 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.

❖ **All of Me**

Wednesdays, 2:30-4:00pm, 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 safe space to process life and campus issues based on the principles of acceptance, empathy, understanding, and openness. The topics will be developed by the group members and could include: building supportive relationships, developing resources to manage challenges, and improving self-esteem.

❖ **Wise Mind**

Tuesdays, 2:30-4:00pm, facilitated by Meghan Shea, LCSW-R & Nathaniel Pickering, MHC Intern

Do you find that your emotions feel really intense, overwhelming and out of control? Do your emotions sometimes feel like a big wave that can knock 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. We will work together to identify and practice new skills to help us feel more hopeful, be more mindful and relaxed, handle difficult and distressing interpersonal situations, and regulate our emotions.

❖ **SSWAG**

Wednesdays, 3:30-5:00pm, facilitated by Catherine E. (Candy) Davies, LCSW-R & Melissa Moser, MSW Intern

**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, 3:30-4:45pm

*Facilitated by Sarah Burrows, LMHC*

Stressed out?! Having trouble sleeping? Is anxiety interfering with your ability to do your best academically or your comfort in social situations? **#SkillstoChill** is a 3 session group designed to teach you the basics of how your nervous system functions and how to self-regulate. You will learn numerous skills and strategies to reduce your reactivity to the many stressors of college life. You will leave with a stress-busting toolkit and the feeling of being a little more in control and hopeful!

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

*Facilitated by Joel Oppenheimer, LCSW*

**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 daily stressors have less impact and the actuality of a great you emerges. 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. Group topics change each semester so if you have an idea for a group that is not listed, please let us know. Thanks!

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

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