WINTER 2020
GROUPS AND WORKSHOPS

Tackle the Term
Time management, goal setting, and staying on track
Friday, 1/10, 12:00 - 1:00, Hameetman Conference Room

Tackle the Term: Next Steps
For graduate students doing open-ended projects or research
Friday, 1/17, 12:00 - 1:00, Hameetman Conference Room

Mindfully Resilient
Structured group on reducing relapse for depression (8 weeks)
Prescreening required. Begins Thursday, 1/16, 4:00 - 6:00

Getting Better Sleep
Cope with insomnia and get your sleep cycle back on track
Monday, 1/27, 12:00 - 1:00, Hameetman Conference Room

Managing Procrastination
Manage the emotions that drive procrastination and avoidance
Friday, 1/24 & Friday, 2/14, 12:00 - 1:00, Hameetman Conference Room

Meditation Mob
Learn Mindfulness meditation and self-compassion
Every Tuesday, 12:00 - 12:50, Hameetman Club room #3

Interpersonal Process Group
Give and get real-time feedback on your concerns and relationships
Grad students only. Prescreening required. Tuesdays, 3:30 - 5:00
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WELLNESS OPTIONS

SilverCloud
Online anytime - Self-guided modules on stress, anxiety, depression, and resilience

Goal-Oriented Therapy
Short-term counseling focused on a goal that matters to you.

Open-Ended or Specialized Therapy
We will help you connect with a local therapist who can provide services that are more open-ended or more specialized than what we can offer, and who is covered by your health insurance.

Psychiatry Services
If you are seeing a therapist at Counseling Services, we can refer you to our consulting psychiatrist in-house.

If you are seeing a local therapist, we can refer you to a local psychiatrist who is covered by your health insurance.

Occupational Therapy
Make healthier lifestyle changes, get better sleep, and learn time management and organization skills.

Health Services
Primary healthcare and referrals