PACs
PSYCHOLOGICAL AND COUNSELING SERVICES
COUNSELING GROUPS - FALL 2018

MONDAY

DBT Lite: 3:00-4:30pm
Learn healthy ways to manage strong emotions effectively, using coping skills that can really work!!!

TUESDAY

MANaging College 101: 3:00—4:30pm
A group for men to explore men’s issues as they relate to academics, relationships, health, career, family, and much more.

Grad. Student Support Group: 5:00-6:30pm
Receive support from other grad. students while learning strategies to better manage stress and deal with the unique challenges of graduate school.

WEDNESDAY

ACT Group: 1:00—2:30pm
A skill building group for students to engage more in their life rather than in problems.

Anxiety Management Group: 3:00-4:30pm
Share your experiences, develop coping skills, and learn from others about how to manage stress and anxiety more effectively.

Women’s Group: 3:00-6:30pm
A group for women to explore women’s issues as they relate to academics, relationships, health, career, family and much more.

THURSDAY

Anxiety Management Group: 3:00-4:30pm
Share your experiences, develop coping skills, and learn from others about how to manage stress and anxiety more effectively.

Understanding Self and Others: 1:00-2:30pm
Learn about yourself, connect with other students who are having similar issues, strategies to cope with pain (including depression, anxiety, sadness), and build deeper relationships. Group is open to all gender identities.

PACS Playlist: 3:00-4:00pm (See Below!)

FRIDAY

Understanding Self and Others: 1:00-2:30pm
Learn about yourself, connect with students who are having similar issues, develop strategies to cope with pain (including depression, anxiety, sadness), and build deeper relationships. Group is open to all gender identities.

PACS PLAYLIST!
PREMIERING THIS FALL!!!

1 HOUR WORKSHOP SERIES PRESENTED BY PACS STAFF EXPLORING ISSUES COMMONLY EXPERIENCED BY COLLEGE STUDENTS
Topics Include: Stress, Relationships, Mindfulness, Homesickness, and many more!

GROUP SCREENINGS REQUIRED · CALL PACS TO SCHEDULE AN APPOINTMENT

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