Psychological and Counseling Services (PACS)
Counseling Groups - Fall 2019

**Monday**

**Grief & Loss (every 2 weeks)**
3:00-4:30 pm
Engage in a warm, supportive forum for dealing with the emotional impact of a major loss.

**Wednesday**

**ACT Group**
1:00-2:30 pm
To help students engage in their lives instead of problems. A nine-week, skill-building group with mindfulness, experiential exercises, discussions and metaphors.

**Tuesday**

**DBT Lite**
2:00-3:30 pm
Learn to manage overwhelming emotions, handle distress and engage in healthy relationships.

**Men's Group**
3:40-5:00 pm
A group to discuss male friendships, emotions, role models, masculinity, educational/career pressures, substance use and sex.

**Thursday**

**Understanding Self & Others**
2:00-3:30 pm
Learn about yourself, connect with other students and explore how to manage stress related to relationships, academics, transitions and unhelpful moods.

**Graduate Student Support Group**
5:10-6:30 pm
Find support from other grad students while learning strategies to manage stress and deal with the unique challenges of grad school.

**Skills for Success: ADHD Group**
3:40-4:40 pm
Learn strategies to manage your ADHD symptoms effectively, using coping skills that can really work.

Group screenings required
Call PACS to schedule an appointment
3 Garrison Ave., Smith Hall - 3rd Floor
(603) 862-2090
 unh.edu/pacs