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

Monday

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

**Tuesday**

**DBT Lite**
2:00-3:30p.m.
Learn to manage overwhelming emotions, handle distress, and engage with relationships in a healthy way.

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

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

Wednesday

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

**Skills for Success: ADHD Group**
3:10-4:30p.m.
Learn strategies to manage your ADHD symptoms effectively, using coping skills that can really work.

**Women's Group**
5:10-6:30p.m.
Members will actively learn from and support each other discussing a range of common concerns.

Thursday

**Understanding Self & Others**
1:00-2:30p.m.
Learn about yourself, connect with other students, and explore how to manage stress related to relationships, academics, transitions and unhelpful moods.

**Anxiety Management**
3:10-4:30p.m.
A six week, structured program for group members to develop coping skills and strategies to manage anxiety.

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