

# FALL '09 COUNSELING GROUPS

Offered by Counseling and Psychological Services

## **“Not the Perfect Family”**

An opportunity to share with and get the support of others who have had an alcoholic, addicted, or mentally ill parent or family member. Self-esteem, current relationships, self-confidence, and comfort in social settings can be negatively affected; the group offers a chance to choose a more positive approach, to others and to yourself!

*Facilitators: Larry Gage and Kathy Ertel*

**Wednesdays 3:30 pm -4:50pm  
(starting September 30th)**

## **ANXIETY MANAGEMENT WORKSHOP SERIES**

This 10-week workshop series is for students who want to understand and manage their anxiety. This workshop will help develop assertiveness, use relaxation techniques, improve self-management skills, and build confidence.

*Facilitators: Carol Evangelisto*

**Wednesdays 5:00 -6:20 pm  
(starting September 30th)**

## **FOR STUDENTS WHO HAVE EXPERIENCED THE DEATH OF A PARENT OR STEP-PARENT**

Students can benefit from this group by connecting with others who have experienced a parent death, and together learning how to cope with and grow from this life changing event.

*Facilitator: Carol Evangelisto*

**Wednesdays 1:30-3:00 pm  
(starting September 23rd)**

## **“RACE, CULTURE AND IDENTITY” SUPPORT GROUP**

This support group will explore the impacts of personal, family & cultural dynamics on members' sense of self and on their relationships.

*Facilitators: Hue-Sun Ahn and Ivonne Cruz*

**Wednesdays 9:30 - 10:45 am  
(starting September 30th)**

## **“FOOD, MOOD AND YOU” SUPPORT GROUP**

This support group provides an opportunity for women to talk about and better understand how their thoughts, feelings, sense of self, and relationships with others affect their eating, body image, and exercise.

*Facilitator: Hue-Sun Ahn and Kelly Moore*

**Wednesdays 1:30 - 3:00 pm  
(starting September 23rd)**

**Space is limited so if you're interested in joining a group, please contact the Counseling and Psychological Services at (609) 771-2247 to set up an appointment with the group's facilitator(s) before the start of group.**