

SPRING '12 COUNSELING GROUPS

Offered by Counseling and Psychological Services (CAPS)

“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!

Facilitator: Kathy Ertel and Eileen Kurowski

**Wednesdays 3:15 pm -4:30pm
(Starting February 15th)**

ANXIETY ALTERNATIVES

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

Facilitator: Larry Gage

**Thursdays 3:30-4:50 pm
(Starting February 2nd)**

Hearts Apart:

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 by learning to cope and grow from this life changing event.

Facilitators: Carol Evangelisto & Kirsten Graham

**Wednesdays 1:30-3:00 pm
(Starting February 15th)**

“Healing Hearts:

A Support Group for Students Who Have Experienced a Death of a Relative or Friend”

In this group, you will receive support from, and give support to fellow grieving students by talking, listening and learning that your feelings matter, your reactions are normal...and that you are not alone in your grief.

Facilitators: Carol Evangelisto and Alison Wehringer

**Wednesdays 5:00-6:30 pm
(Starting February 22nd)**

“FOOD, MOOD AND YOU”

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

Facilitator: Hue-Sun Ahn

**Thursdays 3:00 - 4:15 pm
(Starting February 16th)**

“RACE, CULTURE AND IDENTITY”

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 1:30-2:45 pm
(Starting February 1st)**

Resolving Personal Issues: A Solution-Focused Approach

This group is designed to be of broad scope to contain many different areas of challenges or issues and be a safe place to effectively resolve them.

Facilitator: Larry Gage

**Tuesdays 3:30-4:50 pm
(Starting February 7th)**

Attendance is free but space is limited, so if you're interested in joining a group, contact Rita Ma at ma@tcnj.edu to set up an appointment with the group's facilitator(s) before the start of the group.

