

GROUP EXPERIENCES

Fall 2024

Support Groups

Grief & Loss

Wednesdays
5:00-6:30 PM
9/4-12/11
Foust 135

Survivor Support

Wednesdays
3:00-4:30 PM
9/11-12/4
Foust 135 & WebEx

Coping & Wellness

Executive Function Strategies

Tuesdays
5:00-6:30 PM
9/17-12/3
Foust 135

Managing Anxiety

Mondays & Thursdays
3:00-4:30 PM
9/23-12/5
Foust 135

Yoga for Mental Wellness

Fridays
11:00 AM -12:00 PM
9/6-12/6
SAC - Wellness Studio

Therapy Dogs & Art

Open Door Art

Fridays
12:00-4:45 PM
8/23-12/13
Foust 134

Pause for Paws - Therapy Dogs

2nd & 4th Friday of each Month
3:00-4:45 PM
9/13-12/13
Location: Foust Lawn or UC (check @cmucounseling instagram)

Connection

Let's Connect

Wednesdays
2:00-3:45 PM
9/3-12/4
Location: UC - CSID

Chillaxin with Elizabeth

Wednesdays
7:00-8:30 PM
9/11-12/4
Location: UC - CSID



Scan or click to complete the **"Request for Group Counseling"** form.



COUNSELING CENTER

CENTRAL MICHIGAN UNIVERSITY

(989) 774-3381
counsel.cmich.edu

DESCRIPTIONS

Grief & Loss Support Group

You do not have to be alone in your grief. Offered to those who have suffered the death of a loved one. Leader: Michelle Bigard (bigar1mf@cmich.edu)

Survivor Support

This support group is open to anyone who has been impacted by sexual assault, domestic violence, intimate partner violence, and/or stalking. The content of the group varies from week to week, but there is no obligation or pressure to share your story to attend. Leader: Aileen Guerra-Morales (guerr1a@cmich.edu)

Executive Function Strategies

Do you struggle to manage your time/tasks, have a hard time asking for help, saying “no” to things you want to do, but don’t have time to do? Learn strategies to help with prioritizing, organizing/shifting between tasks, and staying focused/regulating attention. Build or improve your skills and improve your classroom performance. Leader: Anna Grajek (graje1am@cmich.edu)

Managing Anxiety

Focus on managing anxiety while providing support and being supported by others who can relate. Learn new anxiety management strategies as well as tangible skills and tools you can use to address anxiety while sharing what has worked for you with each other. Leader: Atefeh Jenrow (jenro1ae@cmich.edu)

Yoga for Mental Wellness

End your week with relaxation and self-care. Each class will begin with a grounding exercise, following by some gentle stretching, and end with a guided meditation and time for total relaxation. Over the course of the semester, we will practice several types of meditation, breathing exercises, and yoga poses specifically selected to help calm your nervous system. No prior yoga experience necessary. Leader: Julie Fortino Shurtliff (fort1ja@cmich.edu)

Let's Connect

A time to relax, ask questions about mental health, create art, and connect with a counselor. Feel free to drop in for a few minutes or spend the entire time connecting. Alternating Leaders: Elizabeth Husbands (husba1e@cmich.edu) and Julie Fortino Shurtliff (fort1ja@cmich.edu)

Pause for Paws

Take a moment to relax with a therapy dog. Dogs are present the 2nd & 4th Friday of each month. Meets in the UC (check @cmucounseling Instagram). Leader: Margy with Therapy Dogs International

Open Door Art

The art room is open all afternoon. Come create your own art. Materials are provided, but feel free to bring your own supplies/projects as well. You are welcome to drop in for any period of time. This drop in space is self-directed. Questions are directed to: Kristie Miner (birch1kl@cmich.edu)

Chillaxin' with Elizabeth

A support group for students with minoritized identities. Leader: Elizabeth Husbands (husba1e@cmich.edu)