

# GROUP EXPERIENCES

Spring 2025

## Support Groups

### Grief & Loss

Wednesdays  
5:00-6:30 PM  
1/22-4/30  
Foust 135

### Survivor Support

Wednesdays  
3:00-4:30 PM  
1/22-4/30  
Foust 135 & WebEx

## Coping & Wellness

### Executive Function Strategies

Tuesdays  
5:00-6:30 PM  
1/21-4/29  
Foust 135

### The Art of Managing Anxiety

Wednesdays  
5:00-6:30 PM  
1/22-4/30  
Foust 136

### The Relaxation Hour

Fridays  
11:00 AM -12:00 PM  
1/31-5/2  
Foust 135

## Therapy Dogs & Art

### Open Door Art

Fridays  
12:00-4:45 PM  
1/17-5/2  
Foust 134

### Pause for Paws - Therapy Dogs

2nd & 4th Friday of each Month  
3:00-4:45 PM  
1/24-4/25  
Location: UC (check @cmucounseling Instagram for location changes)

## Connection

### Let's Connect

Wednesdays  
2:00-3:45 PM  
1/29-4/30  
Location: UC - CSID

### Chillaxin with Elizabeth

3rd Wednesday of each month  
7:00-8:30 PM  
1/15-4/16  
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](http://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)

## **The Art of Managing Anxiety**

Combine calming and expressive art activities while getting and providing support along with 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)

## **The Relaxation Hour**

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 relaxation exercises to help calm your nervous system and reduce stress.  
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 (forti1ja@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)