

## Specialized Skills Groups

### Managing Depression

This is a group intended to provide a supportive environment for students living with depression. During weekly meetings, students will discuss experiences and facilitate skill development to help them better manage their depressive symptoms and improve engagement in academics, interpersonal relationships and self-care. Contact [counseling@mtu.edu](mailto:counseling@mtu.edu) for more information.

**Starts 1st Wednesday in October**

### Reduce your Use: Support for Substance Change

This group is for students who would like to explore how to feel more in control of their drug and alcohol use. Gain information and support for making healthier decisions around certain harmful behaviors or consequences relating to drugs and alcohol. Contact Pat Frueh at [pjfrueh@mtu.edu](mailto:pjfrueh@mtu.edu) for more information.

## Special Interest Groups

### Transgender Support

This is a discussion-based group for all trans students who are

seeking additional support and resources as they face the challenges of identifying as a member of the transgender community in a university setting. Contact Amber Bennett at [ambennet@mtu.edu](mailto:ambennet@mtu.edu) for information on joining the group. **Individuals must be referred by their counselor or request to join the group by contacting the facilitator listed above.**

### Children of Parents with Mental Illness Support

This group aims to provide a safe place to gain insight from the challenges and successes of others facing a similar circumstance. The goals of this group include understanding mental illness and the stigma associated with it, addressing and coping with the personal anxiety associated with developing a mental illness and reducing the overall stigma surrounding mental illness on a personal level. Contact Kerri Gilbertson at [kbmayra@mtu.edu](mailto:kbmayra@mtu.edu) for information on joining the group.

**Individuals must be referred by their counselor or request to join the group by contacting the facilitator listed above.**

*\*Groups are subject to change throughout the semester, so talk to your counselor about group interest or email the group facilitator for more information.*



# Counseling Services

## Fall 2019 Group Schedule

Michigan  
Technological  
University

3rd Floor Administration Building | 1400 Townsend Drive, Houghton, MI 49931-1295

906-487-2538 | f. 906-487-3421 | [counseling@mtu.edu](mailto:counseling@mtu.edu) | [mtu.edu/counseling](http://mtu.edu/counseling)

Michigan Tech is an EOE which includes protected veterans and individuals with disabilities

Counseling Services offers an array of mental health support and skills groups to Michigan Tech students, which address a wide range of topics. Check out the schedule below or the group descriptions to find out more about the groups offered and how to participate.

**All groups are held in the Group Room, located in Counseling Services.**

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 AM-12:00 PM		Anxiety & Stress Management Support Group			
12:00-1:00 PM					
1:00-2:00 PM				Book Club Group	
2:00-3:00 PM			Managing Depression (Starts the 1st Wednesday in October)		
3:00-4:00 PM	Academic Stress Support	Building a Healthy Self			Board Game Group
4:00-5:00 PM				Grief and Loss Support Group	Board Game Group
5:30-6:30 PM		Graduate Student Support Group			

The groups with times listed are open, which means any student can attend without a referral or notice to the facilitator. Any group that does not have a time listed requires that you be referred by your counselor or you can email the facilitator regarding how to join the group. All contact information for group facilitators is listed in the group description. If you have any general questions, email Counseling Services at [counseling@mtu.edu](mailto:counseling@mtu.edu).

### Stress and Anxiety Management Groups

#### Anxiety & Stress Management

This group focuses on strategies to manage anxiety with specific focus on the cognitive aspects that contribute to anxiety problems. Contact Crystal McLeod at [cpmcleod@mtu.edu](mailto:cpmcleod@mtu.edu)  
**Tuesday at 11:00 AM**

#### Academic Stress Support

This group will provide support for students who have struggled with academics performance. The group will focus on skill building and academic success. Contact Dayna Browning at [dmbrowni@mtu.edu](mailto:dmbrowni@mtu.edu) for more information.  
**Monday at 3:00 PM**

### Support Groups

#### Graduate Student Support

Connect with others around the unique experience of advanced education and exchange coping ideas, gain perspective and find some balance as you cope with the demands of grad school. Contact Pat Frueh at [pjfrueh@mtu.edu](mailto:pjfrueh@mtu.edu) for more information.  
**Tuesday at 5:30 PM**

#### Grief and Loss Support

This group is a safe place for individuals to talk and learn how to find a “new normal” after a death or loss in their life

with others who face a similar challenge. Contact Kerri Gilbertson at [kbmayra@mtu.edu](mailto:kbmayra@mtu.edu) for more information.  
**Thursday at 4:00 PM**

### Healthy Self Groups

#### BRAVE (*Building Resilience and Accepting Vulnerability and Emotions*)

This group is a book-based group that will utilize each week’s chapters to structure the discussion and reflection on the challenges individuals frequently encounter as they work to develop an internal sense of self-confidence in a world that is not always supportive, nurturing, or constructive. We will explore how personal awareness and acceptance of strengths and vulnerability better prepare a person to weather the challenges faced in life. Group participants will be provided with a copy of the book to borrow for duration of the group. Contact Amber Bennett at [ambennet@mtu.edu](mailto:ambennet@mtu.edu) for more information.

#### Building a Healthy Self

The goal of this group is to develop skills that will build a healthy mindset and work toward building healthy relationships with others. The group will focus on learning techniques and strategies

related to communication, assertiveness, healthy boundaries and what it means to be confident. Practice is required within the group and outside of group to meet maximum benefit. Contact Kerri Gilbertson at [kbmayra@mtu.edu](mailto:kbmayra@mtu.edu) for more information.  
**Tuesday at 3:00 PM**

### Book Club

Come ready to discuss books you’re currently reading on your own, sip some coffee or tea, and nibble on some treats. We’ll focus on Young Adult fiction and Adult Fiction. We’ll also try to pick a few titles to choose from each month that the whole group can opt to read! Contact Dayna Browning at [dmbrowni@mtu.edu](mailto:dmbrowni@mtu.edu) for more information.  
**Thursday at 1:00 PM**

### Board Game

Are you worn out at the end of the week and just want to hang out and play a game? Then this group is for you! We will chill and play strategy-based board games. The goal is to relax, meet new friends, and have some fun at the end of a long week of classes. All are welcome!  
**Friday 3:00 PM-5:00 PM  
 Admin Room 201**