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 for more information.

Tuesdays at 3:00 PM
Starts the 1st week in February

Social Skill Building
This group is a skills-based group focusing on conversational, friendship, social interaction, and problem-solving skills. Each group member will have the opportunity to identify the skills they would like help developing and in a safe and confidential place to practice. This group is limited to 8 members. Contact Nancy Taglione at nktaglio@mtu.edu for more information.

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 pfrueh@mtu.edu for more information.

Motivation
Do you struggle with motivation and procrastination? Well, you aren’t alone. This group will focus on challenging and changing your perspective with the aim of decreasing these behaviors. Contact Nancy Taglione at nktaglio@mtu.edu for more information.

Tuesday at 2:00 PM
Starts the 1st week in February

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 or Amy Howard at alhoward@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.

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
Library Room 243

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 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 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, unless otherwise stated.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>11:00 AM-12:00 PM</td>
<td></td>
<td>Anxiety &amp; Stress Management Support Group</td>
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<tr>
<td>12:00-1:00 PM</td>
<td></td>
<td>Building a Healthy Self</td>
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<tr>
<td>1:00-2:00 PM</td>
<td>Academic Stress Support</td>
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<tr>
<td>2:00-3:00 PM</td>
<td>Motivation</td>
<td></td>
<td>The Art of Self-Compassion</td>
<td>Cooking/Food Planning</td>
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<tr>
<td>3:00-4:00 PM</td>
<td>Managing Depression</td>
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<td>Loss from Suicide Support</td>
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<tr>
<td>4:00-5:00 PM</td>
<td>Grief and Loss Support Group</td>
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<td>Board Game Group 3p-5pm</td>
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<tr>
<td>5:30-6:30 PM</td>
<td>Graduate Student Support</td>
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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.

### 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.

**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 for more information.

**Monday at 1:00 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 ppfrueh@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 for more information.

**Tuesday at 1:00 PM**

### Healthy Self Groups

#### 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 for more information.

**Thursday at 4:00 PM**

#### Loss from Suicide
This group provides an opportunity to share with and learn from others who have experienced a loss from suicide completion. This is an open group for anyone who identifies with this type of loss. For more information contact Counseling Services at Counseling@mtu.edu.

**1st & 3rd Friday of the month 3:00 PM**

#### The Art of Self-Compassion
Are you your own worst critic? Sometimes we are kind to others, but not to ourselves. Learn how to love yourself even when you don’t do as well as you had hoped. Build your capacity of resilience and compassion while understanding that you don’t have to be doing better than everyone else to feel good about yourself. Being more self-compassionate can lead to greater happiness, higher motivation, better relationships, and less anxiety and depression. Contact Sarah Woodruff at smwoodru@mtu.edu for more information.

**Thursday at 2:00 PM**

#### Cooking/Food Planning
Always wondering what to cook? Trying to figure out grocery shopping on a budget? Want to eat healthier? This group will help you do smart meal planning, learn how to budget, learn how and what to cook, and share tips and ideas for college cooking. Contact Dayna Browning at dmbrowni@mtu.edu for more information.

**Friday at 2:00 PM**