



# Groups & Workshops Schedule

The Counseling Center offers a variety of different groups and workshops that are meant to improve the emotional well-being of our students.



These services are free, but you must be registered to

GROUPS

### Queer Connection

This support group is for undergraduate and graduate students who identify as members of the LGBTQIA community, including those who are questioning, to connect and find support as they navigate their time as students. Topics will be participant-driven but often include coming out, family issues, romantic and sexual relationships, and navigating the current political climate.

**Mondays from 2:00 - 3:30 p.m.**

### Understanding Self and Others (USO) - LATE START

This is a general therapy process group that encourages personal growth through interpersonal communication. Members benefit through exploring their relationships and communication styles, and through providing and receiving feedback. **Starts after Spring Break.**

**Tuesdays from 10:00 - 11:30 a.m.**

### Understanding Self and Others (USO)

This is a general therapy process group that encourages personal growth through interpersonal communication. Members benefit through exploring their relationships and communication styles, and through providing and receiving feedback.

**Wednesdays from 10:00 - 11:30 a.m.**

### Grad Student Support

This group is for graduate students to connect and find support for common graduate school concerns—such as advisor relationships, work-life balance, stress and job/career exploration.

**Wednesdays from 1:00 - 2:30 p.m.**

### Inter - United

This group is a place for all international students to find common ground and support as they navigate through their time at MSU-Mankato. Some areas covered are homesickness, socializing, microaggressions, and general anxieties.

**Thursdays from 10:00 - 11:30 a.m.**

### Women & Relationships

This a feminist-oriented group for any student who identifies as a woman. This group encourages empowerment and connection through a combination of support and interpersonal process.

**Fridays from 2:00 - 3:30 p.m.**

Workshops

# Workshop Schedule



## WORKSHOPS

### Feel Better Fast

This 3-session workshop focuses on building skills to help students manage stress more effectively. Students will learn about stress and stress management techniques including time management, mindfulness exercises, emotional awareness, and wellness strategies. **This is offered individually.**

### Anxiety Toolbox

This 3-session workshop is specifically designed to help students who struggle with a variety of anxiety-related concerns (e.g., panic attacks, generalized anxiety, test anxiety). The goal is to provide psychoeducation on anxiety and to teach effective coping strategies for managing anxiety symptoms. **This is offered individually.**

### Getting Unstuck

This 3-session workshop is specifically designed to help students who struggle with a variety of depression-related concerns. The goal is to provide psychoeducation on depression and to teach effective coping strategies for managing symptoms. **This is offered individually.**

