

Groups & Workshops Schedule

**Spring
2024**

The Counseling Center offers many 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 join.

Stop by our office to attend a screening appointment or let your counselor know if you are interested.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feel Better Fast 11:00 to 12:00 pm	Women & Relationships (Late Start) 10:00 to 11:30 am	Managing Emotions 9:00 to 10:00 am		
		USO 10:00 to 11:30 am	TransConnections 10:00 to 11:30 am	Anxiety Toolbox 11:00 to 12:00 pm
Men's Group 1:00 to 2:30 pm	Getting Unstuck 1:00 to 2:00 pm	Grad Group 1:00 to 2:30 pm		Women & Relationships 2:00 to 3:30 pm
		Inter-United Open to all Int'l Students 2:30 - 4:00 pm		

 **MINNESOTA STATE UNIVERSITY, MANKATO**
COUNSELING CENTER

507-389-1455 * Counseling-Center@mnsu.edu



Groups & Workshops Descriptions

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.

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.

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.

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.

Managing Emotions: This is a 6-session workshop that helps to build coping skills through instruction and practice in skills pulled from mindfulness, distress, tolerance, emotion regulation, and interpersonal effectiveness.

Men's Group: This group will explore what it is to be a man at MSU-Mankato and in society today. Members will explore themes such as masculinity and other intersecting identities, maleness, relationships, identity, and emotional intelligence, while building community and support for each other. This group is open to anyone who identifies as a man.

TransConnections: This group is for individuals who want to connect and discuss identity, personal growth and challenges, and building relationships in a supportive space for trans and gender nonconforming students. This group is facilitated by gender-affirming cisgender counselors.

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.

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.

Women & Relationships: This is 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.