

Groups & Workshops Schedule

**Spring
2022**

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.

Call us at 507-389-1455 to schedule a screening appointment or let your counselor know if you are interested.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grad Group

1:00 to 2:30 pm

Feel Better Fast

11:00 to 12:00 pm

USO

10:00 to 11:30 am

**Women &
Relationships
(Late Start)**

10:00 to 11:30 am

Men's Group

2:00 to 3:00 pm

Anxiety Toolbox

1:00 to 2:00 pm

Getting Unstuck

3:00 to 4:00 pm

**Women &
Relationships**

2:00 to 3:30 pm

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. **Fridays from 1:00 to 2:00 p.m.**

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. **Wednesdays from 3:00 to 4:00 p.m.**

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. **Tuesdays from 11:00 to 12:00 p.m.**

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. **Thursdays from 2:00 to 3:00 p.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. **Mondays from 1:00 to 2:30 p.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 to 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 to 3:30 p.m. OR LATE START: Thursdays from 10:00 to 11:30 a.m.**