Spring 2016 Groups

**Understanding Self and Others**

Tuesdays 2:00pm-3:30pm  
Wednesdays 5:30pm-7:00pm  
Thursdays 11:00am-12:30pm  
Fridays 1:00pm-2:30pm

The USO group provides a warm and supportive environment in which group members can experiment constructively with new ways of relating to others, share personal experiences, express fears and concerns, and get support and feedback. People participate in this group for a number of reasons including having difficulties in relationships, finding their relationships are not satisfying, being curious about how others perceive them, and seeking support when experimenting with new relational behaviors.

**Mindfulness Based Stress Reduction (MBSR)**

Mondays 3:00pm-4:30pm  
Wednesdays 6:00pm-7:30pm

Participants will commit to a 6-8 week group that involves learning about mindfulness and practicing meditation techniques that assist in bringing attention to the present moment. This experience will provide a foundation of research-based practices for holding experience in awareness and responding skillfully now rather than waiting for a future that has yet to happen. The purpose of these practices is not to learn to relax (although they are sometimes relaxing) but to relate mindfully to whatever you experience, however joyful or painful.

**Mindful Movement**

Tuesdays 3:00pm-4:30pm

This is a 6-week group that combines yoga postures and mindfulness to facilitate awareness of the mind/body connection and aid development of internal resources to cope with the demands of life. This experience will provide participants with an experiential format to assist with centering and connecting the mind and body while fostering personal growth and well-being. The purpose of this group is not for physical fitness, but will involve some physical demands.

**Healing Connections**

Thursdays 3:00pm-4:30pm

This 8-week group offers a safe space for students to express and process reactions related to death-loss. Group members will examine how loss has impacted their lives, explore ways of coping, and receive and provide support to others who have experienced similar losses. Group meetings will cover specified topics each week, but will also incorporate time for discussion and processing of loss-related experiences.

If you are interested in joining a group listed above or want to learn more, please speak with front desk staff (274-2548) to schedule a pre-group meeting with a group leader.

All groups are free.