



GROUP COUNSELING

G31 SUITES ON MAPLE EAST

Sometimes a problem is better addressed through group counseling than with an individual counselor. Talking with other students who have similar experiences provides support and perspective.

Women's Group: A group for female IUP students to discuss topics such as relationships, families, body image, self-esteem, academics, and other common concerns with a focus on self-awareness and interpersonal interaction.

Grad Student Group: A group for students navigating the unique challenges of graduate school like the demands of coursework, balancing school and personal life, and coping with the stress of a thesis or dissertation.

Understanding Self and Others: Would you like to learn about yourself and better understand your relationships? In this group you will practice new ways to express your thoughts and feelings in a safe and encouraging atmosphere.

Men's Group: A group for male IUP students to explore issues related to being a college-aged man such as masculinity, societal pressures, and struggles in establishing and maintaining healthy friendships and relationships.

Fall 2017:

Women's Group:

Mondays

11:15-12:30 pm

Grad Student Group:

Wednesdays

3:20-4:35 pm

Understanding Self

and Others:

Mondays

5:00-6:15 pm

or

Thursdays

3:00-4:15 pm

Men's Group: Tuesdays

9:30-10:30 am

Participation in these groups requires an initial meeting with the group facilitators, usually 30-45 minutes. To schedule this meeting or to ask questions: call the Counseling Center at 724-357-2621, stop by G31 Suites on Maple East, or email Karen Lemasters at lemaster@iup.edu

To see full descriptions and contact information for facilitators, visit iup.edu/counselingcenter