STRONGER TOGETHER
Fall 2020 Virtual Group Services
Center for Counseling & Student Development

BLACK IDENTIFIED STUDENT SUPPORT GROUP
Tuesday 3:00 - 4:30 pm
Ghynecee Temple, PhD & Jennifer Major, PhD

The support group is a space for Black Identified Students who may be struggling and are in need of support. The aim is to build community and connect with other Black identified students and counseling center staff. The group will incorporate topical discussions that encompass a number of experiences unique to members of the African diaspora.

BUILDING BETTER RELATIONSHIPS
Thursdays 3:30 - 5:00 pm
Sharon Lee, PhD & Jackie Hyman

Has building stronger and healthier relationships with others seem to elude you? This group will provide a space to connect with others who get it. We will support you as you learn more about the strengths and challenges of your interpersonal style & practice new ways of being with others that will help you achieve the fam or squad you always wanted.

GRADUATE STUDENT
Understanding self and others
Wednesday 3:00 - 4:30 pm
Michele Juarez-Huffaker, PhD & Alex Agiliga

The focus of the group is to promote a wellness perspective in all areas of graduate life. Areas of focus include relationships, academics, family, social and personal conflicts and strengths. The goal of the group is to optimize personal and academic success by promoting self-awareness and connection to others and the practice of new interpersonal skills.

STRENGTH OF SELF-COMPASSION
Monday 1:30 - 3:00 pm

Do you find it easy to care for others, but are your own worst critic? Would you like to strengthen your self-compassionate voice? This group offers mindful skills for growing self-kindness and letting go of self-criticism. With the support of people who can relate, learn to strengthen your relationship with yourself and others through the tough yet empowering work of loving yourself unconditionally.

LIVING WITH LOSS
Monday 3:30 - 5:00 pm
Julie Garson, PsyD & Ryan Sappington, Msc, MS, MA

Have you lost a loved one? Do you feel lonely around your peers or family who don't understand? Are you wondering how to move forward in leading a full and meaningful life, while still honoring your grief? This group is open to students who have experienced loss and will provide for discussion, support, & healthy and adaptive coping skills for living with loss.

RETHINKING ANXIETY
Tuesday 4:00 - 5:30 pm
Clifton Berwise, PhD & Dana Vitrano, PsyD

Concerned about how your worry or stress impacts your daily life, especially given 2020? This group is designed to offer you consistent support to learn about the roots of your anxiety and the practical strategies to cope with it. Throughout the course of this 5 week group, we will discuss how your thoughts, behaviors, and nature can help you combat anxiety.

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