**Fall 2021 Groups Program**

**Understanding Self and Others**

Our Understanding Self and Others series is a space where you can find others who will help you better understand how you relate to yourself and how in turn that impacts your moods, functioning in daily life, and forming of relationships with others. Common topics that are discussed are how to cope with depression, anxiety, navigating challenging relationships, setting healthy boundaries with others, and living a more authentic and value driven life. We have several sections being offered this Fall below.

**Graduate Student Section. Fridays 9:00 – 10:30 am.**  
Facilitators: Dr. Michele Juarez-Huffaker & Dr. Ashton Winslow

**Undergraduate Student Section. Tuesdays 3:30 – 5:00 pm.**  
Facilitator: Dr. Brittany Rivero

**General Section. Thursdays 2:30 – 4:00 pm (starts mid-semester)**  
Facilitators: Dr. Clifton Berwise & Dr. Margaret Brennan

**Building Better Relationships Section. Mondays 2:30 – 4:00 pm (starts mid-semester)**  
Facilitator: Dr. Sharon Lee

**Theme Groups**

Our theme groups often focus on a topic in which group members share and can provide support, form new perspectives, and gain new skills to better cope as you navigate this common theme together.

**Body Image Group. Wednesday 3:30 – 5:00 pm**  
Facilitators: Dr. Karen Tsukada & Dr. Isabella Schiro

All gender identities welcomed in this group. Here members will have a space to discuss struggles with body image and/or eating concerns, learn to recognize emotions and thoughts that lead to negative body image and eating concerns, explore how our environment shapes us and provide and receive support in a safe and facilitated environment.

**Grief with a Voice. Thursday 2:30 – 4:00 pm**  
Facilitators: Dr. Wallesca Castro Rodriguez – Subašić & Austin Angiollilo, M.A.

Grieving a loss requires courage and an openness to converse about one’s emotions. If you have lost a loved one, feel lonely around your peers or family because they don’t understand, and you are wondering how to move forward in leading a full and meaningful life while still honoring your grief. We are here for you. We are offering a
space for students who have experienced loss and can benefit from healthy and adaptive coping skills while learning how to live with the loss.

**Skills Focused Groups**

**Koru Mindfulness.** Wednesdays 9/29 - 10/20, 4:45 – 6:00 pm  
Facilitators: Allison Banbury, M.Ed, Dr. Margaret Brennan

Koru Mindfulness is a 4-session course that will teach you the skill of mindfulness and support you in the development of a daily meditation practice. We've found that folks get a lot more out of Koru if they stick with it from beginning to end; therefore, attendance at all 4 sessions is expected, as is 10 minutes of daily practice and reflection.  

**Koru Mindfulness 4 hr Retreat. Sunday 10/17, 1:00 - 5:00 pm in Warner Hall**  
Facilitators: Allison Banbury, M.Ed  
Koru Retreat is a 4-hour class that will teach you the skill of mindfulness, and/or reinforce previous skills you may have learned in Koru Basic or other mindfulness classes.  

**You’ve Got This! And You’re Not Alone.**  
Monday & Wednesday at 3:00 – 4:30, Thursdays & Fridays 1:30 – 3:00 pm  
Facilitators: Dr. Julie Garson, Dr. Isabella Schiro, Dr. Ogechi Nwordu, Theodora Malinowski, M.S., Dr. Valerie Faure, & Dr. Kelsey Chambers

A 4 week workshop. Learn how to better manage difficult emotions, tame overthinking, how to cope better with stress, and handle difficult conversations, all while receiving support from our facilitators and peers. You will be able to get your questions answered and learn how to apply these skills to your everyday life.