IMPROVING RELATIONSHIPS

Understanding Self and Others (USO)
For students who are looking for support and deeper understanding of how they relate to others, and to practice new ways of relating to themselves and others. A variety of issues may be discussed including, but not limited to: assertiveness, self-esteem, anxiety, depression, perfectionism, interpersonal/relational concerns, friendship, dating, and family issues.

FOR UNDERGRADUATE STUDENTS: WEDNESDAY 1:00 - 2:30 PM
FACILITATORS: VALERIE FAURE, PSYD & AYLIN KAYA MS

FOR GRADUATE STUDENTS: TUESDAY 4:00 - 5:30 PM
FACILITATORS: MICHELE JUAREZ-HUFFAKER, PhD & ANDI XHIANI PHD

USO for Students of Color
For students of color looking to process their experiences and deepen their healing and growth. We hope to create a safe space to explore your experiences, its impact on your mental health, and your relationship with self and others. We will also explore ways to navigate the system by strengthening your awareness and choices when interacting with the world.

DATE/TIME: THURSDAY 1:30 - 3:00 PM
FACILITATORS: HSU-HUI CHEN, PhD & VANESSA FREEMAN, PhD

Women’s Self-Compassion
For women who find themselves their own worst critic, and have difficulty in being kind towards oneself. Learn techniques of mindful self-compassion, as well as deepening understanding of your relationship with yourself and others. Our goal is to help you find more meaningful relationships and strength through self-compassion.

DATE/TIME: MONDAY 1:30 - 3:00 PM
FACILITATORS: SHARON LEE, PhD & KELSEY CHAMBERS, PSYD

TOPIC FOCUSED

Body Image Group
This group is for those who have a challenging relationship with their body, eating, and or exercise. You will have a chance to learn ways to be kinder to yourself, and find ways to cope with the difficult emotions as you find a new and healthier way to relate to your body.

DATE/TIME: MONDAY 1:30 - 5:00 PM
FACILITATORS: CHYNECEE TEMPLE, PhD & AYLIN KAYA MS

Grief Group
Losing a loved one, no matter who and how long ago, can be difficult. This group allows peers to come together and find support, a place to feel heard and understood as you talk about the journey you are at in the process of grief.

DATE/TIME: TUESDAY 2:30 - 4:00 PM
FACILITATORS: LEIGH ANN CARTER, PSYD & GE SONG MS

Dream Team: Sleep Series
This drop in group is focused on how to get better slumber as a college student. Each week will have a focused topic related to sleep to be discussed, strategies for obtaining better zzz's in bed, and an improved understanding of what it means to get good nights rest.

DATE/TIME: 3:30 - 5:00 PM 2/21, 3/7, 3/21, 4/11, 4/18, 5/2, 5/9, 5/16
FACILITATORS: BRAD WOLCAST, PhD, CBSTM & GE SONG MS

Lav Chats Discussion Series
Join us and other UD students to chat in a safe space about a wide range of topics related to being LGBTQ+ & questioning, such as coming out, dating, sexual and gender identities, relationships with family and friends, dealing with bias and discrimination, religion/spirituality, finding acceptance and community, and more.

DATE/TIME: 5:00 - 6:15 PM 2/20, 3/6, 3/20, 4/10, 4/24, 5/3
FACILITATORS: VALERIE FAURE, PSYD & AYLSSA QUENZEL MS

If you are interested in one of our groups, please come visit us at 261 Perkins Student Center or call 302-831-2141, and our counselors will provide you with more information.