DISCUSSION SERIES
FALL 2018

LAV CHATS

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.

There will be free pizza and soda served! This is a drop-in discussion series and will occur during the following dates below.

DATE/TIME: 5:00 PM - 6:15 PM

WED. SEPT 12
WED. SEPT 26
WED. OCT 10
WED. OCT 24
WED. NOV 7
WED. DEC 5

LOCATION: 301 PERKINS
FACILITATORS: VALERIE FAURE, PSY.D. & ALYSSA QUENZEL
COSPONSORED WITH LAVENDER PROGRAMMING BOARD

RE'COOP'ERATING HENS

Coping with injury as an elite athlete can be physically and mentally challenging. This support group is for UD varsity athletes who have either experienced an injury or are recovering from one. Group topics could include: Engaging your social support network, managing being sidelined due to an injury, learning how to manage stress/expectations, fear of re-injury, relaxation/mindfulness training, and the role of imagery in rehabilitation. This is a drop-in group and will occur every other week throughout the semester.

DATE/TIME: 1:30 - 2:30 PM

WED. SEPT 26 BCC 238
WED. OCT 10 BCC CLUB
WED. OCT 24 BCC CLUB
WED. NOV 07 BCC CLUB
WED. NOV 14 BCC 238
WED. NOV 28 BCC CLUB

LOCATION: BOB CARPENTER CENTER (BCC) RM 239 OR THE CLUB
FACILITATOR: RACHEL WALKER, PSY.D., CMPC

Center for Counseling & Student Development
UNIVERSITY OF DELAWARE
STUDENT LIFE