**IMPROVING RELATIONSHIPS**

**Understanding Self and Others**
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.

**Still I Rise 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.

**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, and 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.

**MANAGING EMOTIONS**

**Chillax 101: Anxiety Management**
Learn practical strategies and techniques for managing panic and anxiety. You will learn relaxation exercises for calming the body, strategies for dealing with worry and anxiety-provoking thoughts, and work towards accepting and living peacefully with the present moment. And what would a class be without homework? If you’re considering this class, you already know that calming down is easier said than done. We'll teach you how, but practice is essential. Each week there will be an assignment to practice one or more techniques.

**Getting Unstuck**
A 3 session series that focuses on understanding depressive symptoms and building the skills for managing them. Understand the experience of depression, explore how thoughts and behaviors impact you, and begin to make changes to your thoughts and behaviors in order to better manage depression. By the end of the workshop, you will have developed a personalized plan for getting unstuck!

**You Got This!**
This 4 session series provides an opportunity to learn skills and strategies for reducing anxiety, stress, and distress. A variety of skills will be taught including mindfulness, managing thoughts and feelings, and being effective in relationships. Members often leave this group feeling less alone and with increased confidence about managing their lives, responsibilities, and relationships.

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.