Learn strategies & skills

**YOU’VE GOT THIS!**
What to learn how to better manage your emotions? This 4 week workshop will help you gain strategies to feel better and in more control of your emotions. Offered throughout the semester. We have sections just for undergrads and grad students. Come talk to us to get more information on how to join one of these workshops!

**CHILLAX**
This semester long group will teach various stress and anxiety management techniques to help you feel more chill. Wed 3:30 - 5:00 pm.

**GROUNDED: YOGA FOR ANXIETY**
A 5 week workshop will teach you how to use Yoga to manage anxiety and stress. Great for both beginners and those experienced at yoga, and be more emotionally and physically grounded in life. Starting Oct 14 on Mon 3:30 - 5:00 pm

**KORU MINDFULNESS**
A 4 week workshop that will teach you how to be more mindful, less stressed, sleep better, and judge yourself less! Starting Oct 14 - Nov 5 (Mon) 3:30 - 4:45 pm e the Counseling Center. To join, register e koru.site/ABA2233

Improve your relationships

**UNDERSTANDING SELF AND OTHERS**
Feel it is hard to connect to others, or want deeper and more meaningful relationships? This is the group for you. Learn how your relationship style impacts your happiness, and explore different way of making changes with your friends and family to feel more support, connection, and happiness in yourself and your relationship with others.

**Undergrad group**: Thurs 2:30 - 4:00 pm  
**Grad group**: Fri 9:00 - 10:30 am

**UNDERSTANDING SELF AND OTHERS STUDENT OF COLOR**
Being a student of color on a predominantly white campus can have its challenges. This group is for students of color who want support around learning about yourself, relationships, thriving through these challenges at UD, and how your identity can play a part. Tues 1:00 - 2:30 pm.

Community focused

**FIRST IN THE FAMILY: FIRST GEN COLLEGE STUDENTS**
For student who identify as the first in their family to go to college, this group will provide support, resources, and space to talk about the challenges and joys of being a first gen student with others who get it. Thurs 1:00 - 2:30 pm.

**WOMEN’S SELF-COMPASSION**
For self-identified women who would like to learn how to increase their appreciation of themselves and be less self-critical, learn mindfulness techniques, and find support and understanding from others who get it. Mon 1:30 - 3:00 pm.

**BODY IMAGE GROUP**
This group is open to all genders! Members will learn how to appreciate their body more, and have a better relationship with yourself, your body, and others. Tues 5:00 - 4:30 pm

Interested in joining a workshop or group?
Walk in or call the counseling center and ask to talk to a counselor about your interest in one of our workshops or groups! We can set you up with a meeting with the facilitators to talk about joining and fit.

Center for Counseling & Student Development
261 Perkins Student Center  
Ph: 302-831-2141  Web: sites.udel.edu/counseling

Typical size of our groups are 5 - 8 members only!