

2020 Goals:

- Feeling better
- Healthier relationships

We can help you with those 2020 goals!

Spring Workshops and Group Therapy @ the Counseling Center

Feeling better

YOU 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. Come talk to us to get more information on how to join one of these workshops! We offer these workshops throughout the semester at various times.

CHILLAX

This semester long group will teach you different stress and anxiety management skills to help you feel more chill.

Wed 3:30 - 5:00 pm.

GROUNDING: 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.

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 2/26/20 on Wed 1:30 - 3:00 pm @ the Counseling Center. To join, register @ www.udel.edu/006788

Center for Counseling & Student Development

261 Perkins Student Center

Ph: 302-831-2141

Web: sites.udel.edu/counseling



Healthier relationships

UNDERSTANDING SELF AND OTHERS

Feel it is hard to connect to others, or want deeper and more meaningful relationships? Learn how your relationship style impacts your happiness, and explore different way of making changes with others to form more meaningful relationships.

Undergrad Student group: Thurs 1:30 - 3:00 pm

Grad Student group: Mon 3:00 - 4:30 pm

Women's Grad Student Group: Fri 9:00 - 10:30 am

STRENGTH THROUGH SELF-COMPASSION

For those who are hardest on themselves and would like to learn how to be less self-critical, feel better through mindful self-compassion techniques, and find support and understanding from others who get it. This is a great group to practice what we often preach to others, having a better relationships with ourselves and others through kindness and loving ourselves unconditionally. 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.

Thurs 3:00 - 4:30 pm

Want to join a workshop or group?

Come during our drop in hour 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 it.