

### **Living with Anxiety: Learning to Feel Comfortable with Discomfort**

Feeling anxious or stressed are very uncomfortable parts of student life. While a certain amount of stress can be useful, there are times when it becomes very disruptive to our lives. Living with Anxiety is designed to help students build and utilize healthy techniques to calm the mind and body. In addition, sessions will focus on creating a safe space to help students develop a collective and supportive experience to address challenging and anxiety enhancing issues.

Tuesdays at 10am.

Location: Bates 202

### **Living with Loss: You're not alone**

The death of someone close to us can lead to overwhelming and varying emotions. For the college student, an added difficulty is managing school while dealing with the loss. This group creates a safe and supportive space for students to connect with others and to share stories, struggles, strengths, and ways of coping, with others who have experienced a loss.

Thursdays at 1pm.

### **This Is Hard to Talk About: Navigating Tough Conversations**

This is a supportive therapy group for students who want to get better at facing the conversations they usually avoid. Whether it's conflict with a friend or roommate, tension in a relationship, or something you've been holding in because you're unsure how to say it, this group offers a space to practice. Together, we'll work on speaking honestly, listening with intention, and managing discomfort in a respectful, guided environment. You don't need to have the "right words" — just a willingness to show up and grow.

Days:

Time:

Location: Bates 202

### **Creating Healthy Relationships**

This group is for students who are interested in learning about their relationships with themselves and with others, for the purpose of increasing healthy, meaningful connections. Participants will gain insight and awareness about ineffective interpersonal patterns of relating that they may engage in without even realizing it, and develop newer ways of interacting that lead to more authentic, fulfilling connections. In this group, the emphasis is on learning in 'real time' how to *be present*. Participants work towards improving self-awareness, identifying and communicating needs appropriately and effectively, and appropriate boundary setting.

### **Managing Chronic Illness**

Does having a chronic illness affect your relationships? Are you wondering how you are going to manage your illness while being a student? Are you having a difficult time attending to your health in the ways you know you should? Would you like to make lifestyle changes to enhance your health? If YES, come join this group for students with a chronic illness (invisible or visible) to understand, explore and share your experiences. This group also provides the opportunity to obtain on-going support for functioning optimally as a student and living a fully satisfying life.

Days: Mid-semester Wednesdays

Time: 3 PM – 4 PM

Location: Bates 202

### **Workshops**

#### **International Student Support Circle**

Transitioning to a new culture can be an incredible experience, bringing with it much change. While change is often welcome and exciting, it can also bring challenges. This is a space for international students to come together to understand how to manage such changes and homesickness, a different academic environment, making friends and dating across cultures as well as learning ways to deal with their stress. This is a 3-week workshop.

Days: Mid-semester Mondays

Time: 2 PM – 3 PM

Location: Bates 202

**Loving What Frightens You: Working *With* Performance Anxiety, not *Against* It:** This workshop explores how performance anxiety affects performers who love their craft but feel held back by fear. Through conversation and practical tools, participants will learn why anxiety shows up, how it affects the body and mind, and how to work with it instead of against it. The goal is not to eliminate nerves, but to perform with greater confidence, presence, and self-trust when it matters most.

Days: Fridays Weeks 3,4,5

Time: 3 PM

Location: Bates 202

#### **Public Speaking Anxiety Workshop**

This workshop will help you develop greater comfort when speaking in public. You will learn how to connect with your audience, speak with more authenticity and build your overall effectiveness as a public speaker. This is a 3-session program.

Days: Mid-semester Tuesdays

Time: 3 PM – 4 PM

Location: Bates 202

**Here and Now: First Year Support** - Michael

This group offers first year students a safe, confidential environment to work through a broad range of issues including balancing academics, peer or romantic relationships, learning how to be independent, family issues, handling conflict, the challenges of communication, personal growth, self-esteem, and intersectional identities. The group will offer space to reflect on ways that you might be interacting with yourself and others and help you gain insight while also fostering a sense of community through meaningful connections.

Weeks 3,4, 5 Tuesdays

Time: 11 AM – 12 PM

Location: Bates 202

**Living with General and Social Anxiety**

Feeling nervous, tense, insecure and afraid are part of the human experience. This workshop is geared to help reframe how we feel about our anxiety using different techniques including psychoeducation, normalizing and skill building. Attending will offer students a chance to feel anxious in a supportive and safe environment. The purpose is to help students feel more comfortable in tense situations and develop a healthier connection with anxiety

Weeks 12, 13, 14

Time: 11 AM – 12 PM

Location: Bates 202