What is group counseling?

Group counseling is a form of “hands-on” learning where you can:

“Great to hear what someone else would do!”

Benefits of group counseling:

- Feel less alone.
- Receive and give help and feedback.
- Increase communication effectiveness skills with others
- Trained group leaders AND group members can help you.
- **Work on your goals** with other students.

You do not have to do all of the work by yourself

Groups offered at UNCW Counseling Center:

**Me, Myself and Us [Tuesdays at 11:00am]**
- Improve relationships and communication skills
- Gain support and ideas from others

**Thriving with Anxiety [Mondays at 2:00pm]**
- Understand your anxiety and how it’s keeping you stuck
- Explore your values and make values-consistent decisions

**I have Anxiety?? [1 session workshop, various times]**
- Learn skills to manage anxiety, including relaxation exercises and cognitive strategies

**Kind Mind [4 week group, Thursdays at 3:30pm]**
- The most important conversation you will have all day is with yourself!
- Join to: better understand your emotions, increase self-compassion, and ask for what you need.

"Was so helpful to hear that I am not the only one struggling!"

Please speak to your counselor if you are interested in joining a group, or call 910-962-3746 for further information.