

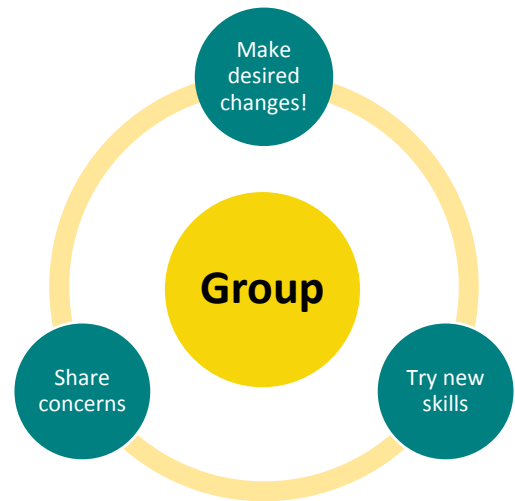
# What is group counseling?

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 [Mondays at 2:00pm]

- Understand barriers to embracing the life you want to live
- Explore your values and make values-consistent decisions

### Modern Family [Thursdays at 3:30pm]

- Discuss difficulties with family and better understand the impact of family dynamics on well-being
- Practice new relational strategies

### I have Anxiety??? [1 session workshop, various times]

- Learn skills to manage anxiety, including relaxation exercises and cognitive strategies

### Kind Mind [4 week workshop starting 2/6/2018, Tuesdays at 2:00 pm]

- 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.