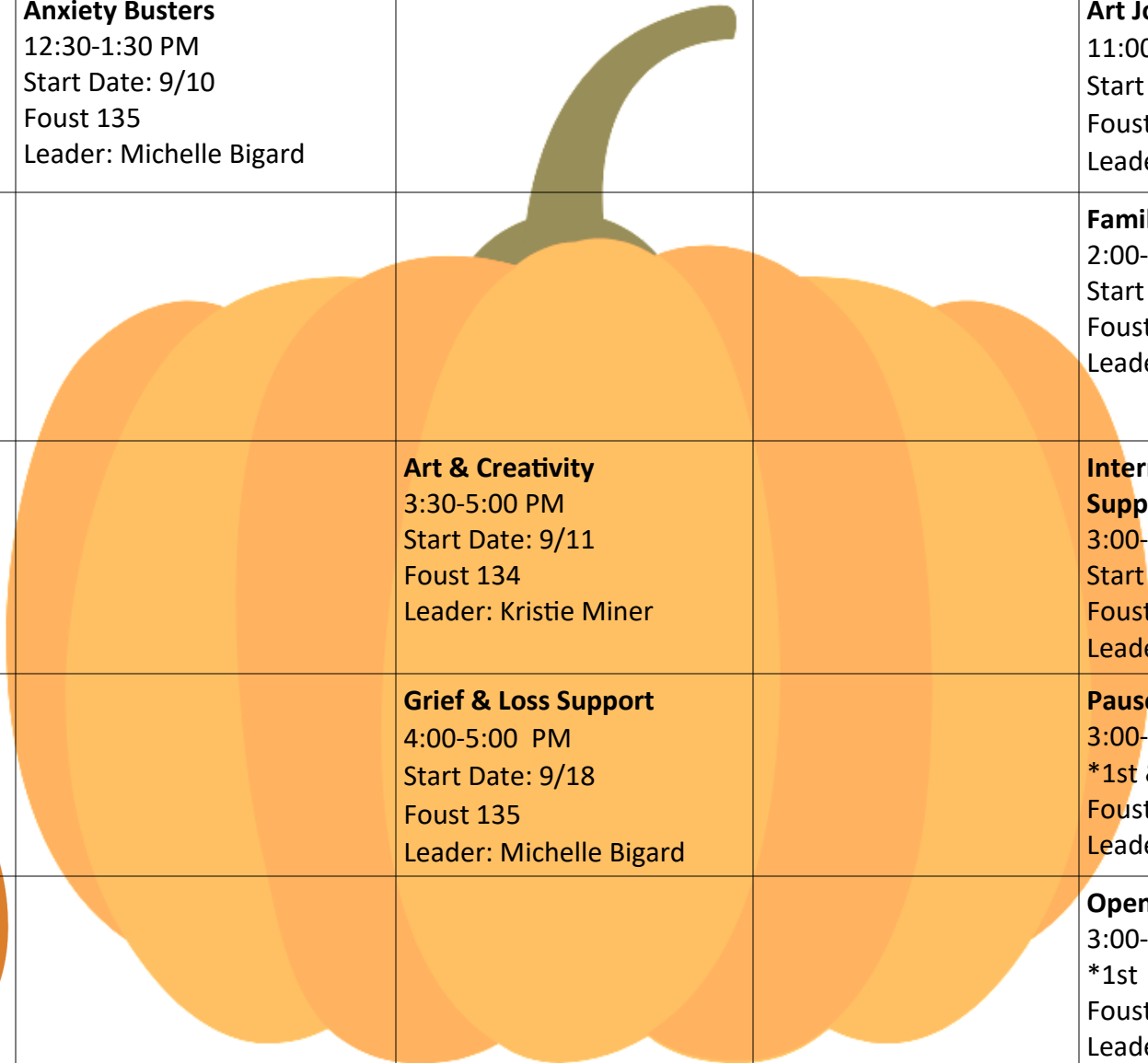
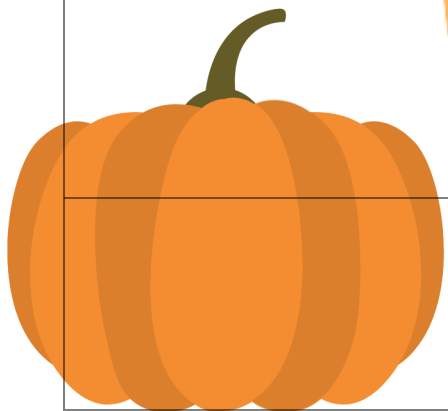


FALL into Groups!

Monday	Tuesday	Wednesday	Thursday	Friday
	Anxiety Busters 12:30-1:30 PM Start Date: 9/10 Foust 135 Leader: Michelle Bigard			Art Journaling 11:00 AM-12:00 PM Start Date: 9/13 Foust 134 Leader: Deborah Clark
Survivor Support 1:00-2:30 PM Start Date: 9/9 Foust 135 Leaders: Megan Varner & Ashley Watters				Family Matters 2:00-3:00 PM Start Date: 9/20 Foust 135 Leader: Kristie Miner
		Art & Creativity 3:30-5:00 PM Start Date: 9/11 Foust 134 Leader: Kristie Miner		International Student Support 3:00-4:00 PM Start Date: 9/13 Foust 103 Leader: Atefeh Jenrow
		Grief & Loss Support 4:00-5:00 PM Start Date: 9/18 Foust 135 Leader: Michelle Bigard		Pause for Paws 3:00-5:00 PM *1st & 3rd Friday Foust 135 Leader: Therapy Dogs Intl
				Open Door Art 3:00-5:00 PM *1st & 3rd Friday Foust 134 Leader: Kristie Miner



FALL into Groups!

Counseling Center 2019

Survivor Support

Survivors of sexual assault and/or intimate partner violence come together to feel supported, validated, and empowered in a safe environment. Meets weekly.

Anxiety Busters

Anxiety can be paralyzing. Come learn strategies to take back your life. Workshop topics will rotate between

1. Understanding Your Body—learn the body's natural response to anxiety and calming techniques
2. Mindfulness—practice the art of paying attention to the present moment with compassion and curiosity
3. Dealing with Life—move forward in the face of anxiety to meet life's challenges
4. Finding Your Inner Compass—identify values that guide you and keep you on track

You are welcome to drop in and attend as many as you wish. Meets weekly.

Art and Creativity

Come have fun and explore your creative side through art. No art experience necessary. You are welcome to drop in. Meets weekly.

Grief and Loss Support

You do not have to be alone in your grief. Offered for those who have suffered the death of a loved one. Meets weekly.

Art Journaling

Express yourself via various art journaling projects. You are welcome to drop in. Meets weekly.

Family Matters

Family life can be challenging. In a supportive circle of peers, learn how family life impacts how you see yourself, your current relationships, and how you communicate with others. Together we will foster healthy self-esteem and relationships. Meets weekly.

International Student Support

Join other International students as you navigate life at CMU. Meets weekly.

Pause for Paws

Take a moment to relax with a therapy dog. Dogs are present the 1st & 3rd Friday of each month.

Open Door Art

The art room is open. Come create on your own, or follow a guided project. You are welcome to drop in. Meets the 1st and 3rd Friday of each month.

