

Mondays

Her Story: Empowerment Support Group

Her Story is a 5-week, therapeutic group that encourages women to connect discussing significant topics like gender roles, relationships and intimacy, self-image and self-compassion, and what it means to be a woman. The women's empowerment group aims to provide a safe and open environment for members to share their experiences as women and to participate in activities to enhance self-worth, confidence, and sense of agency. Her Story is designed to foster deeper connections to women in the community and promote an improved understanding of self that lasts beyond the group.

Duration: 5 weeks

Date and Time: September 29th – October 21st on Monday at 3:00 pm

[More information](#)

Tuesdays

Managing Anxiety Group

Description: This closed in-person group allows students struggling with anxiety to learn and practice coping strategies to help build resilience.

Duration: 6 Weeks

Date and Time: September 3rd – October 8th on Tuesdays at 1:00 pm

In-person, closed group

[More information](#)

Gentle Growth Group (NEW)

These groups focus on developing mindfulness practices and self-compassion techniques. Participants learn to be kinder to themselves and cultivate a nonjudgmental awareness of their thoughts and feelings. Mindfulness and self-compassion groups are designed to help individuals develop skills to be more present, aware, and kind to themselves. These groups typically focus on practices that enhance one's coping skills, reduce self-criticism, and improve overall well-being.

Duration: 6 Weeks

Date and Time: October 1st to November 5th on Tuesday at 3:00 pm

In-person, closed group, **pre-registration required**

[More information](#)

Thursdays

Create & Connect Art Group

This open in-person group offers a safe and supportive creative space to explore your thoughts, emotions, and beliefs through art while connecting with others.

Duration: 6 Weeks

Date and Time: September 12th to October 17th on Thursdays at 1 pm

In-person, open group

[More information](#)

Grief Support Group

This closed in-person group is for support and connection with others who have experienced the death of a loved one. Our hope for the group is to create a space to share about your deceased and process your grief.

Duration: 6 Weeks

Date and Time: September 26th to October 31st on Thursdays at 2:30 pm

In-person, closed group, pre-registration

[More information](#)