

CCSD GROUPS FALL 2024

GROUPS FOR ALL STUDENTS

CAN'T STOP THE FEELIN'

THIS GROUP WILL PROVIDE INFORMATION ON SKILLS PROVEN TO BE EFFECTIVE FOR: MANAGING DIFFICULT EMOTIONS.

PARTICIPANTS WILL BE ENCOURAGED TO APPLY WHAT IS BEING LEARNED TO PERSONAL EXAMPLES IN A SAFE, SUPPORTIVE ENVIRONMENT.

WEDNESDAYS 3:00-4:30 PM

SERENE EATING: DEVELOP PEACE WITH FOOD AND WEIGHT

INTUITIVE EATING IS A NON-DIET APPROACH THAT ALLOWS YOU TO LISTEN TO AND HONOR YOUR BODY WHILE HELPING YOU MOVE AWAY FROM DIETS.

THIS GROUP COMBINES NUTRITION AND PSYCHOLOGICAL PRINCIPLES TO HEAL YOUR RELATIONSHIP WITH FOOD AND TO ENGAGE IN ENJOYABLE AND SUSTAINABLE METHODS OF EATING AND EXERCISE AND VALUES-DRIVEN LIFE.

10/24/24 - 11/21/24

REGISTER BY DATE:
10/17/2024

THURSDAYS 3:00-4:00 PM

NAVIGATING RELATIONSHIPS

IN THIS GROUP YOU CAN EXPECT TO GIVE AND RECEIVE FEEDBACK ON YOUR INTERPERSONAL STYLE WHILE PRACTICING SKILLS THAT WILL HELP YOU DEVELOP MORE EFFECTIVE CONNECTIONS WITH PEERS AND FAMILY ALIKE.

THURSDAYS 2:00-3:30PM

OR

MONDAYS 1:00-2:30 PM

FIRST STEPS FORWARD

JOIN US FOR OUR 4-SESSION WEEKLY SERIES ON HOW TRAUMA IMPACTS THE BRAIN, BUILDING POSITIVE COPING SKILLS AND MORE.

TUESDAYS 5:00-6:30 PM

LAVENDER CHATS

THIS IS A SUPPORT GROUP FOR LESBIAN, GAY, BISEXUAL, TRANSGENDER/GENDER NON-CONFORMING, QUEER, ASEXUAL AND INTERSEX STUDENTS.

AT LAVENDER CHATS, YOU WILL FIND A SAFE SPACE TO SEEK SUPPORT WITH RELATIONSHIPS, FAMILY AND FRIENDS, COMING OUT, TRANSITIONING, QUESTIONING, AND IDENTITY DEVELOPMENT, AS WELL AS GET INFORMATION AND CONNECT WITH OTHERS.

FRIDAYS 3:00-4:00 PM

EMBRACING CHANGE: GROUP THERAPY FOR SUBSTANCE MISUSE

THIS THERAPY GROUP STRIVES TO PROVIDE A SAFE AND SUPPORTIVE ENVIRONMENT TO RECEIVE TREATMENT FOR THOSE STRUGGLING WITH ADDICTION.

MEMBERS WILL BUILD A BETTER UNDERSTANDING OF ADDICTION, IDENTIFY TRIGGERS, DEVELOP COPING STRATEGIES, BUILD SUPPORT NETWORKS, EXPLORE BOUNDARY SETTING, GOAL SETTING AND LEARN ABOUT ADDITIONAL CONNECTIONS AND SERVICES TO SUPPORT SUCCESS IN TREATMENT. MEMBERS WILL RECEIVE EDUCATION ON HARM REDUCTION AND RECOVERY SOLUTIONS.

MONDAYS 5:00-6:00 PM

SCAN HERE
TO
REGISTER



UNIVERSITY OF DELAWARE
STUDENT LIFE