

# NEW COMING THIS FALL 2024 AT CCSD

## WE ARE EXCITED TO ANNOUNCE OUR NEW PROGRAMMING FOR FIRST-YEAR AND TRANSFER STUDENTS!!!!!!

Adjusting to college is quite the journey!

Between navigating a new environment, experiencing new levels of independence and building a sense of belonging, there can be many challenges and we are here to help! Check out our programs specially designed to support first-year and transfer students adjust and improve over all wellbeing!

### MENTAL HEALTH ACTIVITIES TUESDAYS 5:30-6:30 PM

#### U BELONG

U Belong provides a safe space for individuals to connect and share experiences. This group is geared towards first year and transfer students.

MONDAY 5:30-6:30 PM  
OR  
THURSDAY 5:30-6:30 PM

#### ACTIVITY TOPICS BELOW:

8/27 - PUPPY LOVE & REFRESHMENTS

9/03 - STRESS LESS

9/10 - MANEUVERING CAMPUS

9/17- CREATIVITY NIGHT

9/24- SELF-CONFIDENCE & SELF-ESTEEM

10/1- PUPPY LOVE & REFRESHMENTS

10/8- INTIMACY & HEALTH

10/15- RELATIONSHIPS

10/22- DECISION MAKING

10/29- HALLOWEEN FUN!

11/12- SELF-CARE

11/19- PAY IT FORWARD

11/26- MOVIE NIGHT

12/03- CREATIVITY NIGHT

12/10- STRESS LESS

12/17- SURVIVED THE SEMESTER CELEBRATION

#### MANAGING STRESS 101

This is a 4-week skills-building group designed to help learn new, positive ways to manage stress, pursue a life with meaning and purpose, and improve overall wellbeing.

WEDNESDAYS  
5:30-6:30 PM

### COME CHECK US OUT!

All programs located at  
**Wellbeing Center at Warner Hall**  
280 The Green  
Newark, DE 19716  
302-831-6644

Interested in our other group offerings for students?

Check out our website!

<https://www.udel.edu/students/health-wellbeing/counseling-center-services/group-therapy/>



Registration for U Belong and Managing Stress 101 preferred, but not required.  
Walk-ins Welcome!



UNIVERSITY OF DELAWARE  
STUDENT LIFE