

Fall 2023



Mindful Coping Group

Practical Skills for a Calmer Life

Mindful Coping is a skills based group designed to help students learn effective ways to manage emotions and counterproductive behaviors. This group will help address the needs of college students through experiential activities and discussion. The group is interactive and encourages participants to practice what they learn outside the group. The goal is to better manage life as a young adult with competence and confidence in the areas of relationship, stress, emotion management, and the struggles of everyday life.

Meets weekly in the Counseling Center

Thursdays 4:00-5:30PM

Facilitated by Counselors Tammy Hock and Meg Hoffer-Collins

