



Are you concerned about...

Self-esteem? Social anxiety? Family issues?

Relationships? Asking for what you need?

Figuring out who you are?

Then you might be interested in the...

Navigating Relationships Group

GROUP OPTIONS:

*Call 610-436-2301 or visit
www.wcupa/counselingcenter*

Mondays 1:00 – 2:30 PM

Tuesdays 2:00 -3:30 PM

Wednesdays 4:00 – 5:30 PM

Meet virtually via Zoom

Department of Counseling & Psychological Services

Note: the individuals above are a stock photograph and are not actual group participants



Grief and Loss Group

Designed to offer a safe and confidential place for students to discuss their experiences related to various losses in their lives

Group meets weekly **in person** on Fridays from 2-3:30

Department of Counseling and Psychological Services

610-436-2301

www.wcupa/counselingcenter

STRESS-LESS WHAT TO DO WHEN LIFE IS A MESS DBT SKILLS GROUP

Thursdays from 4:00 PM- 5:00 PM

Meeting in Person

WCU Counseling and Psychological Service

Stress-Less 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 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 live.



FOR MORE INFORMATION CONTACT: THE COUNSELING CENTER 610-436-2301

Women's Group

Safe, supportive, and confidential environment

For all survivors who identify as women

Survivors include those with past emotional, physical, or sexual traumas that have affected the way they view themselves, their confidence, and their ability to trust others

The group will support members' **empowerment** and growth in the areas of **self-esteem, resilience, managing intense emotions, and managing safe boundaries**

Group meets weekly for the entire semester

Thursdays: 2:00pm - 3:30pm

Meeting virtually via Zoom

Counseling and Psychological Services

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Better Boundaries Group

Is a friend or family member struggling with substance abuse or other addictive behavior? You're not alone! Better Boundaries is a safe, supportive and confidential space to talk, connect with others, and learn. This group is counselor-lead and focuses on understanding addiction and its impact on loved ones, developing healthy boundaries and coping strategies, and supporting one another.

Fridays from 11 AM - 12:30 PM (in Person)

Counseling and Psychological Center

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https://www.wcupa.edu/_services/counselingCenter