<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Injured Student Athlete Support Group</td>
<td>SAM #1 11:00-12:00 Monique &amp; Syrena</td>
<td>USO #3 4:00-5:15pm Niki</td>
<td>Eating Issues 12:00-1:00 Niki &amp; Emily</td>
<td>USO #5 1:30-3:00pm Niki &amp; Syrena</td>
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<tr>
<td>Christian</td>
<td>Men’s Group 4:00-5:15pm Christian</td>
<td>SAM #2 4:00-5:00pm Christian</td>
<td>USO #4 4:00-5:30pm Niki</td>
<td>Navigating Chronic Conditions in College TBD Niki</td>
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<tr>
<td>Christian</td>
<td>USO #2 2:45-4:00pm Najla</td>
<td>Empower TBD Denise</td>
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<tr>
<td>Grief &amp; Loss 4:15-5:30pm Najla</td>
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**Counseling Center**

**Haven**

| Beyond the Binary 11:15-12:15pm Denise | Long Distance Life 4:15-5:30pm Najla & Kerra | Survivors 4:15-5:30pm Dawn & Denise |

**Shaw Wellness Institute**

| DBT Group 4:00-5:15 Steve | Colgate Body Project 5:30-7:00 Niki | AOD Group 4:00-5:15 Steve | Design Your Own Life TBD Najla |

**AOD Group** A judgement-free space for students to explore their relationship with alcohol and other drugs.

**Beyond the Binary** A supportive and affirming group where students can share common experiences and increase their sense of understanding regarding their own gender identity, sexual identity, relationships with others, and sense of empowerment. All identities win the LGBTQIA and non-binary gender are welcome.

**Colgate Body Project (PE Credit)** A 5-week course that explores issues related to body image, sociocultural impacts of objectification, and promoting body love and acceptance. Meets in the Shaw Wellness Institute.

**Design Your Own Life (PE Credit)** A 10-hour retreat at the Chapel House focusing on personal reflection, meditation, and a search for higher consciousness. Co-facilitated with Rodney Agnant.

**DBT Group** Learn skills to cope with difficult situations in life, become better at managing emotions, and develop healthier relationships.

**Eating Issues** A space for students to gain support and learn strategies to manage concerns related to eating and/or body image issues.

**Empower: Support for Students of Color** This group was developed to foster honest, supportive, validating, and collaborative discussions about how to survive and thrive in college as a person of color.

**Grief & Loss** This group is a confidential and supportive space for students to explore and process emotions related to various losses.

**Injured Student Athlete Support Group** Meets every other Monday in the Wooster Room in Huntington.

**Long Distance Life** Space for international students and those far from home, to explore and share personal narratives and life stories while living in the USA; to explore coping-skills and maintenance for mental wellbeing and experience the support of a community.

**Men’s Group** This group provides a supportive environment for students to connect, develop self-awareness, and actively explore positive masculinity. Students will engage in interactive dialogue and anyical exercises to acknowledge and affirm their strengths, as well as foster an environment that promotes a healthy peer culture.

**Navigating Chronic Conditions in College** This group will explore the challenges associated with navigating medical conditions during college, providing a space for support, connection, and sharing resources.

**SAM (Stress & Anxiety Management)** Anxiety and stress are debilitating for many people and are the leading reasons why students seek counseling. The SAM group gives students the opportunity to connect with others who struggle with stress, perfectionism, or obsessions.

**Survivors** This group is designed to support individuals who have experienced a sexual assault or other traumatic experiences.

**USO (Understanding Self & Others)** This group is developed for students with a variety of concerns such as depression, anxiety, identity concerns, or relationship issues. Using a flexible structure, the group will address a variety of topics pertaining to mood, stress, diversity, coping, and relating to others.

Group times and offerings change based on student availability. To inquire about a group that you’re interested in, please make an initial consultation appointment at the Counseling Center (315-228-7385) or contact Niki Keating (nkeating@colgate.edu).

Updated 1/9/2020