



Group Therapy Schedule

Fall 2020

Counseling & Psychological Services, Haven, and Shaw Wellness Institute

Monday	Tuesday	Wednesday	Thursday	Friday
All Groups Meet Weekly via Zoom				
USO #1 3:30-5:00 Dawn	USO #2 4:00-5:30 Niki & Bethany	USO #3 2:45-4:00 Najla	USO #4 4:00-5:30 Christian	USO #5 1:30-3:00 Niki & Becky
Eating Issues TBD Niki	SAM #1 11:00-12:00 Monique	SAM #2 4:00-5:00 Christian	Grief and Loss 4:15-5:30 Najla	Empower 2:00-3:30 Denise
Student Athlete Support Group* TBD Christian	AOD Group 4:00-5:15 Steve	COVID Adjustment TBD Monique	Beyond the Binary 11:30-12:45 Denise	Men's Group TBD Christian
	Dismantling Racism: Understanding Whiteness 3:30-4:45 Dawn & Sarah	Long Distance Life 4:15-5:30 Najla & Kerra	Survivors 4:15-5:30 Dawn	Navigating Chronic Conditions in College 3:30-4:30 Niki
Groups from the Chaplains Office				
		Drop-in Support Group with Rabbi Barry Baron 8/26, 9/2, 9/9, 9/16, 9/23 4:30-5:30 https://colgate.zoom.us/j/9706642572 2	Drop-in Support Group with Deacon Mark Shiner 8/27, 9/3, 9/10, 9/17, 9/24 4:00-5:00 https://colgate.zoom.us/j/9487496535 9	

Group Descriptions

AOD Group Judgment-free space 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 w/in the LGBTQIA and non-binary gender are welcome.

COVID Adjustment This is a relaxed support group for students experiencing anxiety, loss, and frustration due to our current crisis. This open process group will offer focused support and connection through this challenging time. Weekly sessions include guided discussions, grounding exercises, stress-management techniques, and a safe space to share.

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 POC.

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

Student Athlete Group This group is a space for athletes to discuss returning to campus during COVID-19, managing injury, or changes to their season. *Meets every other week.

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 atypical 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 support, connection, and 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, using a structured format to both learn skills and hear about each other's experiences.

Survivors This group is developed 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 may 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).