



Group Therapy Schedule

Spring 2022

Counseling & Psychological Services, Haven, and Shaw Wellness Institute

Monday	Tuesday	Wednesday	Thursday	Friday
All Groups Meet Weekly at the Counseling Center unless otherwise noted				
USO #1 4:00-5:15 Christian	USO #2 TBD Niki & Kayla	USO #3 TBD Niki & Stacy	USO #4 4:00-5:15 Niki	USO #5 1:30-2:45 Stacy (Haven)
Men Surviving Childhood Sexual Abuse 12:30-2:00 Dawn	The Present Past 3:30-4:45 Charm (Haven)	Support for the Supporter 3:30-4:30 Charm (Haven)	Beyond the Binary 11:00-12:00 Monique (Rainbow Room)	ADHD Skills 11:00-12:00 Niki
Gender Identity Group 4:00-5:00 Niki (Haven)	SAM 4:00-5:00 Monique	Long Distance Life TBD Stacy & Kerra (Haven)	Survivors 3:30-4:45 Dawn & Charm (Haven)	Men's Group 1:00-2:00 Christian
	Empower TBD Stacy (Haven)	Eating Issues TBD Niki		
	AOD Group 4:00-5:15 Steve (Shaw)			

Group Descriptions

ADHD Skills Designed to help students diagnosed with ADHD develop skills to navigate the college environment.

AOD Group A 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.

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.

Gender Identity Group This group holds space to explore, experiment with, and discuss gender identity.

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) 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.

Support for the Supporter This group is designed to provide a space where allies/supporters can assist each other through their shared experiences as well as develop skills and learn about resources on and off campus.

Men Surviving Childhood Sexual Abuse This group is designed for students who have been affected by childhood sexual assault violence and would like a space to process and gain support from peers.

The Present Past This group holds space for those presently impacted by previous traumatic experiences. Students will build peer support as they process and learn together.

USO (Understanding Self & Others) A group with a flexible structure to address a variety of topics pertaining to self/identity development, mood, stress, diversity, coping, and relationships/family.

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).