

University Health & Counseling Services

Weekly Virtual Groups and Classes Fall 2020

Group counseling is a free opportunity to meet virtually with others who have similar experiences and to utilize peer interaction to work toward personal growth. For many emotional and relationship issues that college students face, group counseling is the best treatment choice. While some students are initially hesitant to join a group, past participants have consistently told us that their group experience was very positive and beneficial.

Coping with COVID

Fridays 11:00am – 12:00pm

This group will be an opportunity for students to meet weekly to address their specific concerns about the impact of the COVID-19 pandemic on their mental health. This group will be both a chance to talk through concerns and also a space to learn additional skills to manage emotions and overall mental wellness during this uncertain time.

Healing Group (Sexual Assault Survivors' Group)

Mondays 2:00 – 3:00pm

This group provides a place for individuals who experienced sexual violence to come together and receive support and encouragement in a safe and understanding environment.

Prism (Sexual Identity Support Group)

Day and Time TBD

A safe and understanding environment for individuals who identify as LGBTQ* to come together for support. This interpersonal process group provides a safe and supportive space to discuss topics relevant to each member's unique experience.

EnGendering Support (Gender Spectrum Support Group)

Day and Time TBD

A group for transgender, two-spirit, gender non-conforming, intersex, and gender questioning individuals to come together in a safe environment to give and receive support, ask questions, find resources, and build community. This is a space where people can gather together to explore their authentic self. Start date 2/7/20.

Wise Minds

Tuesdays 1:00 – 1:50pm

Students will learn specific skills to become better at managing emotions and control impulsive behavior in response to stress. They will also learn how to improve relationship stability and boundary identification and become more comfortable living in the present moment.

It's Complicated: Relationships in the 21st Century

Mondays 3:00 – 4:00pm

This 6-week group will help you clarify what you are looking for in a relationship, how to navigate differences, and how not to lose yourself in the process.

Surviving and Thriving

Thursdays 2:00 – 2:50pm

Come to these weekly workshops to learn about various topics to help address anxiety, mood, stress, boundaries, connecting, and self-care. People who value regular review of materials are encouraged to attend on an ongoing basis as well as for those who could benefit from a "booster group session" during times of high distress.

Veterans Group

Day and Time TBD

If there is enough interest, a therapy group may be offered to meet the unique needs of student veterans.

Some groups require a pre-group screening with the group leader to determine if a particular group is a good fit for you. Please contact UHCS at 262-472-1305 or email bruegge@uww.edu if interested in joining.



Groups and classes are hosted on WebEx