Georgia Southern University  
Armstrong Campus  
Counseling Center  
Spring 2018 Group Learning

Armstrong Counseling Center will be offering a variety of group services beginning spring 2018. Groups are a powerful and highly effective way to learn coping skills and address personal concerns while connecting with peers. This format allows students to gain personal insight, practice skills, and share with others while gaining support. All groups are facilitated by staff counselors who are mental health professionals.

**Open Group Opportunities**

Group activities are free and open, meaning drop-in to attend all or some of the sessions.

**Anxiety Relief**

**Want to feel less anxious??**

Learn more about how your thoughts and feelings fuel your anxiety, develop strategies to lessen them, and explore relaxation techniques.

10-week program on anxiety management, 50-minute session  
**Day/Time:** Wednesdays 2-3pm  
**Location:** Solms 203  
**Beginning/Ending:** Jan 24, 2018 – March 28, 2018

**Mindfulness Break Time**

**Want more calming thoughts and better awareness??**

Guided mindfulness exercises aimed at improving your personal awareness and self-compassion while training attention.

Weekly program, 30-minute session  
**Day/Time:** Fridays 1:15-1:45 pm  
**Location:** Learning Commons Room M  
**Beginning/Ending:** Jan 26, 2018 – April 27, 2018 (No session Feb.23rd)

**Armstrong Meet Up!**

**Looking for laughter, fun and new connections??**

Offers opportunities to meet new people and develop college relationships through fun discussions, interactive activities, and socialization.
6-week program, 50-minute session
Day/Time: Mondays 12-1 pm
Location: MCC lobby (Next to the Tech Hub)
Beginning/Ending: Feb 12, 2018 – March 26, 2018

STRESS-less
Too stressed with end of the semester???
Activities focused on coping during a high stress time at college.
4-week program, 50-minute session
Day/Time: Mondays 12-1 pm
Location: MCC lobby (Next to the Tech Hub)
Beginning/Ending: April 2, 2018 – April 23, 2018

LGBTQ+ Discussion Series
Need a place to talk about your gender and sexual identity???
Open conversation where students can discuss and share about LGBTQ+ topics and identity development.
weekly, 50-minute session
Day/Time: Thursdays 3-4 pm
Location: UH 103
Beginning/Ending: Jan 22, 2018 – April 26, 2018

First Gen Success Stories
You the 1st in your family to go to school???
Open discussion session focused on issues and concerns that impact first generation students, give and get support and feedback while connecting with others in the same position.
biweekly program, 50-minute session
Day/Time: Thursdays 4-5pm
Location: UH 103
Beginning/Ending: Jan 25, 2018 - April 19, 2018

Resilience Discussion Series

Staying Strong! Let’s TED talk about…
Do you want to be inspired or share what inspires you???
This monthly series will use the TED talk platform to explore important everyday life topics.

Monthly, 60 minutes
Day/time: Thursday 12:30-1:30 pm
Location: Ogeechee Theater or other location
Dates:
  January 25- Power of Positivity “I can and I will!”
  February 15 - Healthy Romantic Relationships
  March 22 - Introverts
  April 19 - Substance

Closed Group Opportunities

The Armstrong Counseling Center is providing group therapy opportunities, these are closed-meaning in order to participate, you must be referred by a staff counselor. These groups are called SET.

SET -Students Empowered Together

weekly, 50-minute session
Beginning/Ending: Jan 22, 2018 – April 26, 2018
Location: Counseling Center meeting room
Days/Times:
  Tuesdays 1-2pm with Adam Hogue
  Wednesdays 3-4pm with Amanda Kort
  Thursdays 10:30-11:30am with Jeanne McGowan & Melissa Hilimire