

Student Counseling Fall Semester 2019 Groups and Workshops

DAHLONEGA

WTF! (Working Through Fear!) This Anxiety Skills Group and Support Group will include some skills teaching by the clinician and peer-to-peer discussion and interaction. Meetings will be held weekly. Participants will be encouraged to share concerns, successes, and coping strategies. You are not alone. Experiencing anxiety can make you feel like you're isolated in your fears, but interacting with others who know what it is like can help to make you feel less alone. Anxiety disorders affect about 18% of the adult population. More than 75% of doctor visits are related to stress. Many are filled with fearfulness and uncertainty. Our goal is to enable learning from others with anxiety as we give and receive support for those coping with the fear and stress. Group is held every Wednesday 4p.m.-5:15p.m. from 8/28/19 through 12/4/19 in the Student Counseling Group Room. **The group is open but a screening appointment with a student counseling clinician is required prior to joining. Call 706 864-1819.**

Managing Grief While in College Grief is a journey from loss to healing. Sometimes that journey feels lost and the suffering feels intense. The challenge is to see the loss of a loved one as having some meaning for those whom the loved one encountered. The task is to choose to live and choose hope. Objectives of this group are to begin to tell the story of grief for participants, to learn and use tools for working through the tasks of grief, to redefine living without the loved one, and to find hope in the universality of the group, accepting one another in collective grief. The group will meet for six weeks on Thursdays 4 p.m. – 5:15p.m. from 9/12/19-10/16/19 in the Student Counseling Group Room. **The group is open but a screening appointment with a student counseling clinician is required prior to joining. Call 706 864-1819.**

Coping with College Adjusting to life at college can be tough! Everything is new, strange, and difficult. You are Not Alone! This group is for students that are feeling the stress of meeting the challenges and struggling with homesickness, making new friends, figuring out how to manage time, balancing work and self-care, or just navigating daily life on campus. This group will meet every other week from 09/04/19 through 11/13/19. **The group is open but a screening appointment with a student counseling clinician is required prior to joining. Call 706 864-1819.**

Midterms and Finals S.T.R.E.S.S. (Skills To Relieve Extreme Student Stress) Workshops Exam time can be a stressful time of the semester for most students. Some levels of stress can actually be good for us because it can motivate us to study and learn. However, when stress and anxiety become too big it can interfere with our ability to perform optimally and test to our true ability. The Stress Workshops will be an open group opportunity for students needing a bit of extra support or for those wanting to learn skills to help them manage the increases stress and demands of Midterms and Finals. This skill-based group will focus on practical things student can do immediately to mitigate the pressure they may feel during these times. **No registration or screening is required. Just show up to the Student Counseling Group Room. The Workshops will be held from Noon to 1p.m. on the following dates:** Tuesday 10/08/19 Wednesday 10/09/19 Monday 10/14/19 and Tuesday 10/15/19 Monday 12/02/19, Tuesday 12/03/19,, Monday 12/09/19, and Monday 12/10/19

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