### GENERAL THERAPY

| **UNDERSTANDING SELF & OTHERS (USO)** | • TUESDAYS 1:15–2:45PM  
Release feelings about distressing experiences, develop insights about interpersonal patterns through support and feedback, create connections, and build trust in yourself and others. Open to all students. |
| **USO, FIRST GENERATION** | • MONDAYS 3:00–4:30PM  
For first generation students. |
| **USO, GRADUATE STUDENTS** | • TUESDAYS 3:00–4:30PM  
For graduate students. |
| **USO, SPANISH: ¿CÓMO ESTÁS?** | • FRIDAYS 1:00–2:30PM  
Conéctate y desarrolla confianza en grupo. Comparte tus sentimientos acerca de las experiencias angustiantes que has tenido. |
| **USO, WOMEN** | • MONDAYS 1:00–2:45PM  
For women. |

### MINDFUL LIVING & COPING SKILLS

| **ANXIETY SKILLS** | • MONDAYS 1:00–2:30PM  
A 12-week group for motivated students that focuses on reducing anxiety through education and skill building. |
| **EXPLORING MEDITATION** | • MONDAYS 3:15–4:45PM  
Learn about the traditions and application of common meditation practices and how to facilitate wellness. |
| **EXPLORING MINDFULNESS MEDITATION** | • TUESDAYS 1:00–2:30PM  
Learn and practice Mindfulness Meditation, a time-tested method for helping people quiet their minds, feel more relaxed, and non judgmentally focus on the present. |
| **FINDING YOUR VOICE THROUGH EXPRESSIVE ARTS** | • WEDNESDAYS 1:15–2:45PM  
This group uses various mediums (clay, painting, mask making) in a supportive setting to facilitate self-awareness, growth, healing, and stress-reduction. |
| **REDUCING STRESS WITH MINDFUL MOVEMENT** | • WEDNESDAYS 3:00–4:30PM  
Learn mindfulness and moving meditation practices such as gentle stretches, mindful walking, and qi gong, to help reduce anxiety, regulate emotions, and improve concentration. |
| **RIDING WAVES** | • THURSDAYS 3:00–4:30PM  
Learn and practice DBT mindfulness and emotion regulation skills to enhance your ability to manage difficult emotions. |
| **SAILING THROUGH STORMS** | • TUESDAYS 1:00–2:30PM  
Learn and practice DBT (Dialectical Behavioral Therapy) mindfulness and distress tolerance skills to enhance your ability to get through difficult times. |

### PEER SUPPORT

| **EXPENSIVE PEER SUPPORT | CWC Peabody Hall** | For exploring voices, visions, plurality, presences, premonitions, and other extreme, “unusual,” poetic, spiritual or otherwise alternative beliefs, perspectives, or experiences. For more information, please visit: counseling.ufl.edu/experiential/ |
| • THURSDAYS 1:00–2:30PM  
**INTENTIONAL PEER SUPPORT | CWC Peabody Hall** | Develop awareness of personal and relational patterns, view life experiences from many angles, and create new ways of seeing, thinking and doing. To learn more, please visit: intentionalpeersupport.org/what-is-ips |
| • TUESDAYS 3:15–4:45PM  
• WEDNESDAYS 2:00–3:30PM  
**WELLNESS RECOVERY ACTION PLAN (WRAP®) | CWC Peabody Hall** | Develop plans for maintaining wellness and for addressing signals of increasing distress. Group emphasizes hope, personal responsibility, education, self-advocacy and support. To learn more about WRAP please visit: mentalhealthrecovery.com/wrap-is |
| • THURSDAYS 2:45–4:45PM  
**LGB EMPOWERMENT** | • WEDNESDAYS 1:15–2:45PM  
Explore issues related to sexual orientation and gain support in integrating your identity with other areas of your life. |
| • WEDNESDAYS 3:00–4:30PM  
**TRANS EMPOWERMENT** | • WEDNESDAYS 3:00–4:30PM  
Explore the challenges and joys of integrating one’s gender identity and expression. Process your unique journey through self-awareness and exploration leading towards a greater sense of self-acceptance. |
| **INTERNATIONAL STUDENT SUCCESS (ENGLISH)** | • TUESDAYS 11:00AM–12:30PM  
Discuss cultural, career, educational, relational and financial concerns unique to international students and identify available resources to help you. |
| • MONDAYS 3:00–4:30PM  
**INVINCIBLE BLACK WOMEN** | • MONDAYS 11:00AM–12:30PM  
Black women are empowered in discussing concerns facing them today and in gaining rituals, self-care, and connectedness for conquering negative patterns. |
| • THURSDAYS 1:15–2:45PM  
**SEXUAL ASSAULT SURVIVORS SUPPORT** | • THURSDAYS 1:00–2:30PM  
Women survivors continue their healing journey through connection with other survivors, and in learning practices for self-care and empowerment. |
THEMED GROUPS

■ BEREAVEMENT & GRIEF
Share grief experiences while receiving support from others who have lost a loved one. Members explore different aspects of their experience and develop personal approaches to the grieving process.

■ BUILDING WELLNESS THROUGH SELF-COMPASSION
This group will provide a place to connect with one another over difficult feelings and experiences, work together to cultivate more compassion, and create the relationship with yourself that you wish to have.

■ MAKING PEACE WITH FOOD
For women with eating disorders who would like to examine their relationship with food and their bodies, and who are in or have been in individual therapy.

■ STOP THE CHAOS (RECOVERY SUPPORT GROUP)
This group offers the opportunity to learn how to maintain recovery in college. Group members explore the telltale signs of addiction, suggestions for living alcohol or drug-free, and learn skills necessary for healthy living.

■ SUCCESS NOT EXCESS
In this group we will discuss the use of alcohol and other drugs in a non-judgmental setting, develop an understanding of drugs of abuse and potential effects, identify warning signs for developing an addiction, and clarify your values.

DROP-IN WORKSHOPS
EVERYONE IS WELCOME! NO APPOINTMENT OR WEEKLY COMMITMENT IS REQUIRED
ALL WORKSHOPS ARE HELD AT CWC RADIO ROAD

BREAK UP SUPPORT — MONDAYS 3:00–3:50PM
ANXIETY 101 — WEDNESDAYS 3:00–3:50PM
HEALTHY RELATIONSHIPS — WEDNESDAYS 4:00–4:50PM
TAKE A HIKE: A CWC WALK-SHOP — THURSDAYS 3:00–3:50PM

Group therapy is as effective and in some cases, more effective than individual therapy. Many clients find group helps them to feel a greater sense of connection to others and normalizes what they are going through. This is not a drop in appointment. Attendance is limited and a full semester’s commitment is required. Prospective group members will be scheduled to attend a group therapy screening appointment with the group leader(s) prior to attending.