

The Office of Counseling Services is excited to present a series of psychoeducational groups in collaboration with the Health Center and the Center for Faith and Culture. These groups require pre-registration. Groups will meet on Fridays from 11:30 am – 12:30 pm. You will receive more details about the groups, including location, once you are registered. To register or for questions please email counselingservices@william.jewell.edu or hazlettm@william.jewell.edu.

Fall 2023

Week 1 - August 25 – *Home Away from Home: What to expect now.* The focus will be on transition to college concerns.

Week 2 – September 1 – This will be the same as week one for anyone who missed it or would like to come back.

Week 3 – September 8 – *Anxiety: What is Eustress and how is it helpful? When does it go from being helpful to hurtful?* This will include symptoms of anxiety as well as traits of perfectionism and having high expectations.

Week 4 – September 15 – *Anxiety: Fight or Flight?* This is the second week in the anxiety series that will focus on developing coping skills. We will look at everything from procrastination as coping to eating Fireballs.

Week 5 – September 22 – *What not to say to someone who is grieving.* This group will be facilitated by Rev. Melissa Bryson Dowling, the campus chaplain.

Week 6 – September 29 – *Papers, projects, tests, oh my.* Time management and how to balance life.

Week 7 – October 6 – *The connection between physical and mental health.* This will be presented by Courtney Cooper, the campus nurse practitioner.

October 13 – No group due to Fall Break

Week 8 – October 20 – *Self-Care.* Learn tips about mindfulness, meditation, journaling, goal setting, and yoga. You will have the opportunity to make a self-care kit to take with you.

Week 9 – October 27 – *When Bad Things Happen to Good People.* This will be facilitated by Rev. Melissa Dowling, the campus chaplain.

Week 10 – November 3 – *Mood: What is Depression? Why Am I So Cranky and Other Signs of Depression.* This group will focus on symptoms of depression and severity levels, as well as how those symptoms may be impacting your daily life.

Week 11 – November 10 – *Mood: Don't Should on Yourself.* This group is week 2 in the series and looks at unhelpful thinking styles and how our thinking affects our feelings and behaviors and how to stop the negative cycle.

Week 12 – November 17 – *Fierce on the Outside but Fearful on the Inside: Shame and Vulnerability.* This will be facilitated by the campus chaplain.

November 24 – No group due to Thanksgiving Break

Week 13 – December 1 – *Anxiety: What is Eustress and how is it helpful? When does it go from being helpful to hurtful?* This will include symptoms of anxiety as well as traits of perfectionism and having high expectations.

Week 14 – December 8 – *Anxiety: Fight or Flight?* This is the second week in the anxiety series that will focus on developing coping skills. We will look at everything from procrastination as coping to eating Fireballs.

Week 16 – No group the week of finals. Have a great winter break!

Groups will resume in the spring semester. Be looking for information on new topics and presenters.

*Groups are intended for basic psychoeducation and support and should not be utilized for crisis or counseling. Groups do not take the place of therapy.

*Topics subject to change.