Spring 2017 Groups & Skills Workshops

The BSU Counseling Center offers a variety of skill building workshops - FREE and OPEN to students at Ball State. Call 285-1736 or let your intake counselor know you are interested in a group.

**SKILLS WORKSHOPS (require appointment at counseling center before joining)**

**LIFE Skills**
This 4-week workshop is designed to teach and practice a variety of coping strategies to improve mental health. Topics include understanding and managing emotions, changing negative self-talk, increasing mindfulness, being more self-compassionate. If you are interested in learning and trying new ways to cope, then this is a great workshop for you.

- Thursdays 4-5pm (beginning 3/23)
- Tuesdays 9-10am (beginning 3/28)
- Tuesdays 11am-12pm (beginning 3/28)
- Wednesdays 2-3pm (beginning 3/29)
- Mondays 11am-12pm (beginning 4/3)

**Self-Soothe Toolbox**
The purpose of the Self-Soothe Toolbox Workshop is to provide our students with a brief set of skills for self-care and coping. This 2-session workshop is a good fit for students who need help with problem solving and self-management. The brief format is meant to offer some skills for managing distress in the moment.

- Fridays 10-11am (beginning 4/7)
- Wednesdays 11am-12pm (beginning 4/12)

**THERAPY GROUPS (require appointment at counseling center before joining)**

**SHARE MY VOICE** Share My Voice is a 5 session group that offers a combination of learning new skills with an experiential process approach. Members decrease social anxiety and increase their confidence by empowering them to be more assertive, take ownership of their relationships, and build effective communication skills.

- Tuesdays 3:00-4:30 (beginning 3/14)