

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

UNDERSTANDING SELF & OTHERS Group members explore and discuss patterns of relating to self and others by discovering understanding and acceptance of themselves and others. Topics of discussion vary greatly from depression, anxiety, relationships, family concerns, eating issues, alcohol abuse and/or personal growth. The groups thrive on diversity as members discover the common bond through emotional experiences. Four separate groups will be offered at the following times (other times may be added as needed):

Mondays 3:30-5pm

Wednesdays 1:15-2:45pm

Tuesdays 3:30-5pm

Thursdays 3:30-5:00pm

JOURNEY TO WHOLENESS Safe, supportive place for survivors of sexual trauma to explore the meaning of their experiences and to explore effective ways of coping. **This group is now full.** Please contact the Counseling Center to be placed on the waitlist for the next open group.

WEIGHT NOT, WANT NOT Supportive group for women with eating disorders or body image struggles who want to explore effective ways of coping. **Time TBA**

CHOICES A group for students who are exploring their relationship with alcohol and other substances.
Mondays 3-4:30pm

SAFE HAVEN: GLBTQ SUPPORT GROUP This group provides a safe place for GLBTQ students to explore and discuss patterns of relating to self and others by discovering understanding and acceptance of themselves and others. Topics of discussion vary greatly from coming out, finding support, relationships, family concerns, depression, anxiety, and/or personal growth. The groups thrive on diversity as members discover the common bond through emotional experiences. **Mondays 5-6:30pm**

JOURNEYS: AN INTERNATIONALS STUDENT DISCUSSION GROUP Space for international students to share their cross-cultural experiences with a small group of international students, form meaningful relationships, and learn strategies to make the most of their time while studying in the U.S.
Wednesdays 3:30-5pm

MINDFULNESS & RELAXATION GROUP Assists students in alleviating uncomfortable feelings, such as anxiety, stress, anger, and sadness. The group will practice and discuss relaxation and mindfulness techniques. **Thursdays 3:30-5pm**

STUDENTS WITH EXPERIENCE A support group for non-traditional students. **Tuesdays 9-10am**