

### **Fall 2009 Group Counseling**

The BSU Counseling Center offers a variety of groups. Groups are free and open to students, staff, and faculty at Ball State. Call the Counseling Center at 285-1736 or stop by 320 Lucina Hall, Monday – Friday between 8AM and 5PM to learn more about a group. Let your intake counselor know you are interested in a group.



#### ***COPE***

Provides support for students who feel overwhelmed with life and offers coping skills to better manage stress

#### ***Beyond Facebook***

Explores interpersonal issues and offers practical relationship skill development.

#### ***Real Women Real Voices***

Empowers women to gain a greater understanding of themselves and to relate more comfortably with others.

#### ***Identity and Relationships***

Safe, supportive place for GLBT students to discuss issues related to being GLBT at BSU and in Muncie including coming out, identity, finding support, and coping

#### ***Around the Campfire:***

#### ***A Gathering of Men's Voices***

Group focuses on men's roles and takes an active approach to improving satisfaction with life and relationships

#### ***Weight Not Want Not***

Supportive group for women with eating disorders who want to explore effective ways of coping.

#### ***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.  
(Groups for women and men)

#### ***All Access Pass***

Group is for students with disabilities to explore their questions about academics, work, relationships, sexuality, and other social issues.

#### ***Military Friends & Family Support***

A support and discussion group for those who have friends or family in the military.

#### ***Graduate Student Support Group***

Explores personal concerns and challenges in graduate school using a combination of theatre and therapy.

#### ***Surviving a Loss***

Partially structured group for those who have lost a close relative by death.

#### ***Smoking Cessation***

Classes to support those who are ready to quit smoking.

**FREE.**

Call Health Education  
285-3775 to register.