

NAU Support & Counseling Groups for Spring 2023

Interested in joining a support or counseling group on NAU campus? Please reach out to the identified point of contact for the group that interests you for more information or to sign up. Please note, not all groups are managed by NAU Counseling Services, those that are will be indicated with ****CS Group****

Africa Diaspora Outside – NAU's Africa Diaspora Outside is a gathering space for people connected to the African Diaspora to connect and heal with the natural world, offering an opportunity for healing, fun, reflection, and wellness. Faculty, staff, and students are welcome. 3rd Thursday of each month. For more info contact Lisa Taylor at lisa.taylor@nau.edu

The Trans and Gender Diverse Support Group – This group hopes to establish a secure, confidential, and inclusive environment tailored for students within the Trans+ and Gender-Diverse community. This group serves as a nurturing community where participants can openly discuss their experiences, challenges, and successes within a context of respect and understanding. Set to occur every other Tuesday from 5:30-7pm. Please email bryan.bove@nau.edu for more information.

Meaningful Engagement Network (M.E.N) – The meaningful Engagement Network is funded by an elevating excellence grant. M.E.N. is an intuitive to build community and to facilitate a student-centered network. For those who identify as male, a person of color and designated as a freshman. These are the requirements for the cohort, however, those who are interested in the program can attend and participate in the events to be offered throughout the fall semester. Contact: Meaningfullyengaged@nau.edu, 928-523-5796, Martin.Tease@nau.edu

Autism Support Group – In this FREE group, we offer a space where members can support each other as they navigate life with Autism while learning coping skills related to the college experience. Meetings will be held at the IMQ Office with Stephanie from Disability Resources facilitating. Meetings can be attended in-person or via Zoom (please notify Stephanie at least 24 hours in advance if you will need the zoom link). Spring 2023 meetings will be held on Fridays from 1:30-2:30 pm in the Office of Inclusion: Multicultural & LGBTQIA Student Services (Bldg 30, Rm 134). For more information and the zoom link, contact stephanie.birdwell@nau.edu or visit <https://in.nau.edu/disability-resources/autism-support-group/>

ADHD Support Group – ADHD can impact every aspect of your life as a student, especially your ability to reach your academic goals. Through this group, you can find:

- A safe space to discuss your experiences and struggles with ADHD
- Peer support from other students with ADHD

- Education from professional staff on strategies for managing academics with ADHD Free attendance, and no ADHD diagnosis is needed to attend. Meetings will be held in the North Academic Success Center in the University Union, room 252k on Fridays from 1:00-2:00 pm, beginning on September 16, 2023. Contact Julia.Bopp@nau.edu with questions and for more information.

Soulful Shades - Counseling Services' Lisa Taylor and the Campus Living Bipoc Collective present a free support space for Community Living Assistance and other student workers. Please email Devante.Parker@nau.edu to connect.

Dates: 10/9, 10/23, 11/6, 11/20, 12/4

Time: 2-3:30 pm

Location: Calderon Hall

Healthy Choices Alcohol or Cannabis Education – These are 2.5-hour psychoeducational groups provided to mandated and non-mandated students. Topics covered include risks of alcohol or cannabis use, increase knowledge and awareness of use, and moderation/harm reduction strategies. You may be referred through self-referral or campus partners. If you are self-referred, please contact our office at Counseling.SUDS@nau.edu or 928-523-2261. Web-booking available, please visit: <https://in.nau.edu/campus-health-services/substance-use-disorder-program/> and review “Online Appointment Scheduling” for directions on how to join the group through your campus health portal. Please note, an intake is required before attending the group. Both groups meet on Fridays from 1:00 pm – 3:30 pm at NAU Counseling Services. ****CS Group****

Mental Health Support Squad Group – Student-facilitated general mental health support group open to any NAU student. Hosted by the Mental Health Support Squad under the guidance of the program manager. No pre-group brief assessment necessary and no cost associated with participation. Groups meet in-person on Tuesdays from 5:30 – 6:30 pm in the Health and Learning Center (HLC) room 3107. No cost. Contact Support.Squad@nau.edu or check out nau.edu/support-squad for more info! ****CS Group****

Flagstaff Community Support & Counseling Groups

Please encourage all students/staff to call before to ensure correct information for group times/location.

**A note for those who have AHCCCS insurance: The Guidance Center has a large number of groups they are running that are free for their members. Feel free to reach out to kristin.anderson@nau.edu with questions!*

Men's Support Group: This group provides a space for meaningful dialogue with fellow men around issues that matter to you. Potential topics of discussion include body image, self-esteem, ability status, gender norms, toxic masculinity, relationships & family, mental health, and more. \$10 per group session.

Fridays 2:00-3:00 pm (starting Feb 3, 2023)

If you are interested in participating in one of our groups, please email

office@cultivatecounselingflagstaff.com for more information. Please indicate which group you are interested in attending.

Cultivate Counseling, Flagstaff, Arizona + 624 N Humphreys St. Suite 1 + 2615 N 4th St. Suite 1+ 928.864.5024 www.cultivatecounselingflagstaff.com

Dialectical Behavior Therapy (DBT) Skill Building Group for Adults and Adolescents (Balance Mental Health and Wellness)

The goal of Dialectical Behavior Therapy (DBT) group is to gain and practice skills related to the following areas:

- Mindfulness Skills
- Distress Tolerance Skills
- Walking The Middle Path
- Emotion Regulation Skills
- Interpersonal Effectiveness Skills

Groups are drop-in based and are all \$10.00 per session.

- Adult DBT Skill Building Group: meets virtually every Wednesday from 5:00 pm to 6:00 pm, and in-person every Friday from 3:00 to 4:00 pm at their Beaver st office (405 N Beaver st #9). Contact kmeyerlcs@protonmail.com for additional details.
- Adolescent DBT groups (ages 14-17) are held in-person at 405 N Beaver Street #9 Flagstaff, AZ 86001 on Mondays from 4:00 pm - 5:00 pm.

For more information, visit: <https://www.balancementalhealthandwellness.org/groups>

Mindful Self-Compassion: 8 Week Emotional Self-Care Class – Mindful self-compassion (MSC) is an empirically supported program that teaches skills to enhance our well-being. The focus of the class is practice, connection, and inquiry into how we act toward ourselves when we need ourselves most. Through the cultivation of a warm, connected presence we can respond with greater care to the challenges of daily life and show up in the world with more balance and in accordance with our values. This class offers the space that we long for, to pause and tend to our experience. Activities will include guided meditations, short talks on the topic of the week, journaling, experiential exercises, group discussions, and home practices each week. The class includes a half-day retreat (to be scheduled with the group). Days/times TBD. Cost: \$650-\$450 (sliding scale). For more info and to sign up, contact Andrea Meronuck, MA, SEP, MSC Teacher at andrea@newmoonfacilitation.com or 928-754-7321 or visit www.newmoonfacilitation.com

Online Indra's Net Sharing Groups are free to join, organized by specific themes of shared experiences, consist of 6-10 participants plus two trained facilitators, and meet virtually for 90 minutes each week, for 6 weeks. Our Sharing Groups are organized by common themes such as: COVID-19, abuse, racism, ecological crisis, financial stress, and many more.

<https://indrasnetcoalition.org/landing-page/> Submit request form here to be added to free support groups with other people from around the country.

Online Support for Those Affected by Natural Disasters & Man-made Trauma: *Give an Hour® is a nonpartisan, nonpolitical organization. Our focus will always be to provide care and support to those who are in need – regardless of the societal or political issues that may swirl around them because of their circumstances. We are proud to offer help, hope, and healing.*

From time to time, our nation faces devastating natural disasters and tragedies such as hurricanes, wildfires and mass shootings. When able, Give an Hour provides help and hope to those who are suffering from the effects of these events – including first responders who often absorb a tremendous amount of pain and stress as they attend to the needs of others. When disaster strikes, our network of mental health care providers are activated to provide support

<https://giveanhour.org/disasters/> Check out website for more details.

Mending the Soul – Redemption Counseling Center of Flagstaff is offering a FREE counseling group, days & times TBD. Mending the Soul aims to bring healing and restoration through a community-based approach to survivors of abuse. It takes a theological and cognitive approach, so there is a large Christian aspect along with evidence-based CBT practices. It allows participants to work through abuse with a trained trauma facilitator with the support of a group. This is a FREE group consisting of 4-8 individuals and lasts for 16 weeks. Visit <https://www.rccflagstaff.com/groups> or contact info@rccflagstaff.com or call 928-719-4009 for more information.

Parenting Group – Redemption Counseling Center of Flagstaff is offering a FREE parenting skills group which will include psychoeducation from the book “Good Inside” by Dr. Becky Kennedy. The group will last 12 weeks starting Sept 18, with each week focusing on a different parenting topic led by our therapist Kathryn Fenster. Spots will be limited, so please reach out via email or phone as soon as possible to secure a spot. When: Mondays at 6 pm beginning Sept 18. Where: 3009 N West St, Flagstaff, AZ 86004. Questions can be directed to info@rccflagstaff.com or 928-719-4009.

Addiction Support Group – Redemption Counseling Center of Flagstaff is offering a FREE monthly support group for parents and family members of those struggling with addiction. It can feel overwhelming and lonely to walk this road, and RCC wants to help you connect with others and provide education as we support each other on this journey. The group is facilitated by Robert Potter, LISAC on the first Wednesday of each month at 6:30 pm, beginning on 5/3/23. If you are planning on attending, please contact info@rccflagstaff.com or 928-719-4009. This group is open and you may join at any time.

Virtual Eating Disorders Support Group for College Students: The Renfrew Center is offering a free virtual support group to address the many challenges college students face while trying to balance recovery with their other ongoing responsibilities. Group members have opportunities to identify, share and affirm connections to themselves and others, building authentic and sustainable relationships. Group topics covered include nutrition and meal planning, body image, exercise culture, utilizing supports, social and dating relationships, gender and identity exploration, managing academics and stress, self-care practices, and navigating family dynamics. The group meets weekly on Tuesdays from 3:30-4:30 pm (Eastern Time). For more information, visit <https://renfrewcenter.com/support-group-for-college-students/> or email collegesupport@renfrewcenter.com or call 1-800-RENFREW (736-3739).

Body Respect Group: The Body Inclusive Collective (Instagram: @bodyinclusivecollective) leads a FREE group focusing on working through body image related struggles and disordered eating. Groups are facilitated by an RD, RN, and an FNP specializing in Health at Every Size (HAES), and meet roughly once a month via zoom (see Instagram for more info and to sign up). Email: bodyinclusiveflagstaff@gmail.com

Trans Parenting Program: 8-week in-person series for parents of transgender children. As a parent who loves and deeply cares for your child, it is impossible to support your child in this process without sometimes projecting your fears, concerns, and even your own hurts around gender onto your child. We use connection, not shame, blame, or judgment to teach. We teach tools for supporting each other as parents for ongoing processing beyond our 8 weeks together.

For more information about dates and prices, visit: <https://www.dylanwilderquinn.com/parenting-flagstaff>

NAMI (National Alliance on Mental Illness) Family Support Group & Connection Recovery Support Group

- Family Support Group: *Peer-led group for family members, caregivers and loved ones of individuals living with mental illness.*
- Connection Recovery Group: *free, peer-led support group for any adult who has experienced symptoms of a mental health condition.*

Both groups meet every Thursday from 5:30 – 7:00 pm at Hope Community Church, 3700 N Fanning Dr, Flagstaff. Masks required. Call one of the group facilitators for questions, concerns, or more information:

- Barb Bartell, (928) 606-8328, barbbartell@live.com
- Carol Scholing, (928) 606-6448, capscholing@yahoo.com
- Bob Busch, (928) 699-3397, snowedin6469@yahoo.com

Visit: <https://www.namiflagstaff.org/support-groups>

Codependent Anonymous (CoDA)

12-step program that steers us from a path of self-defeating behaviors towards healthy, loving relationships with our spirituality, ourselves, and others. Covid-19 updates on groups:

<https://coda.org/coda-meeting-news-covid-19/>

- TURTLES CoDA (Meeting by teleconference) every Saturday at 9:30 am. To join the meeting call 425-436-6355 code to enter: 703117#. Contact Alyson B. at 928-814-2310 or onedaynow@yahoo.com, Kira R. at 928-607-2855.
- Flagstaff Co-Dependents Anonymous meets on the 2nd Tuesday of each month at 6:00 pm at the Peace Lutheran Church on 3430 N. 4th St, Flagstaff. Contact Ellen O. for more information at 714-323-1366.

Alcoholics Anonymous (AA)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Various days and times available. Zoom meetings.

Call for more information: 928-556-9588

Website: <http://flagstaffaa.org/>

Narcotics Anonymous (NA)

Finding NA meetings in Flagstaff, Arizona may be the right thing for people struggling with drug abuse to start journey to recovery. Narcotics Anonymous is a global community-based organization members of which are united under one goal – reaching and maintaining sobriety.

If you have any additional questions about addiction or treatment, call the NA toll-free hotline 24/7 (888)-611-2006.

Various days and times available.

Website: <https://addictionresource.com/na-meetings/flagstaff-az/>

Healing Circle (NACA)

Join the NACA Reach Ur Life and Behavioral Health team every month in a virtual setting where we offer gentle support as a group, with a focus on healing through grief.

Meets twice a month on the first Thursday (youth group) and the third Thursday (adult group) at 5:30 pm.

To sign up, please contact the Reach UR Life Case Manager Justice Castroverde-Moniz at

Office: (928) 526-2968 x149 / Email: jcmoniz@nacainc.org

Weekly Virtual Talking Circle (NACA)

Open to anyone who wants/needs to connect with others during these stressful times. The talking circle is a safe-space, and confidential. Hosted by Native Americans for Community Action, Inc. (NACA). To participate, interested individuals would first need to do an intake and have an assigned counselor.

Wednesdays from 5:30 – 6:30 pm

<https://nacainc.org/event/talking-circle/all/>

1500 E Cedar Ave Suite 56, Flagstaff, AZ 86004

(928) 526.2968 outreach@nacainc.org

Early Recovery (NACA)

A group focused on substance abuse offered by Native Americans for Community Action on Tuesdays and Wednesdays from 3:00-4:00 pm by zoom. The Substance Abuse Program's (SAP) goal is to first and foremost assist our community members in maintaining or achieving sobriety through supportive services, while simultaneously working to alleviate legal issues by providing clients group and individual therapy. Visit <https://nacainc.org/event/early-recovery/all/> and <https://nacainc.org/behavioral-health/substance-use-and-prevention/> for more information.

Domestic Violence Group (NACA)

Offered by Native Americans for Community Action on Tuesdays & Wednesdays from 4:00 – 5:00 pm by zoom (Group #1), Mondays & Thursdays from 4:00-5:00 pm by Zoom (Group #2), or on Tuesdays and Wednesdays from 9:00 am – 1:00 pm by zoom (Group #3). For more information, please visit:

<https://nacainc.org/event/domestic-violence-group-2/all/>

Domestic Violence Group: A weekly DV support group for survivors offered through Victim Witness. This group is currently on HOLD while they fill the position of facilitator – Days/Times TBD. Free childcare available. For more information on location and zoom links, call Victim Witness at 928-856-7676.

The Journey of the Warrior - Flagstaff Sexual Assault Survivor's Support Group

This group is for female sexual assault survivors who are 18 years of age and older. The group is led by a licensed professional counselor with specialized training in sexual assault and post-traumatic stress. The purpose is to provide a safe space for feeling and learning new coping skills. "What you hear in the group stays within the group". Group members are encouraged to lift each other up. It's always okay not to share/talk. No judgement.

Regular Support Group (via zoom): 1st and 3rd Wednesday of each month at 5:30 pm via Zoom.

For more information contact 928-522-9460 or nacasa@nchcaz.org

NAU Sexual Assault Survivor Support Group – Zoom (group runs September-May)

A space for sharing, feeling safe and learning new coping skills. All Genders Welcome. For NAU Students. What you say within the group stays within the group. It's always okay not to share/talk.

1st Wednesday of each month at 7:00 pm via Zoom.

For more information contact or 928.522.9460 or nacasa@nchcaz.org

Show Low Sexual Assault Group – Zoom

For Women 18+, facilitated by Wendy Guffey, LCSW. Purpose is to provide a space for sharing, feeling safe, and learning new coping skills. No judgement, confidentiality "what you hear in the group stays within the group". Group members are encouraged to lift each other up.

1st Wednesday of each month at 5:30 pm via Zoom. For more information contact 928.522.9460 or

nacasa@nchcaz.org

Flagstaff Birth and Women's Center

All groups, classes and events are for the entire community no matter the birth location! We support and never judge each family's individual choices around childbirth. Come together to create community and meet new people!

Website: <https://www.flagstaffbirthcenter.com/classes>

Moms & Babies Support Group

Are you pregnant or have an infant? Learn about the types of changes to expect as a new parent and how to manage these changes successfully. Topics will include change of identity and body image, mood disorders, pregnancy and motherhood myths, and stress and coping skills. Having a baby can bring about many changes. We are committed to helping you get a good start for you and your baby. The Guidance Center is offering six weekly sessions on Wednesdays from 3:00-4:30 pm, in-person or over zoom. Contact Lizette Melis, Program Coordinator, to learn more at 928-714-5218 or Deleslie Foster, Case Manager, at 928-714-6414.

A Mother's Journey

"A Mother's Journey" is a community of support, connection and empowerment for mothers who are pregnant or have recently had a baby. This support group aims to create a safe space to share, listen, and learn as we navigate the parenting journey together. This FREE group meets monthly on every second

Wednesday from 1:30-2:30 pm in the Community Room at 2920 N 4th St in Flagstaff (masks required). The group will also meet via Zoom. Join us LIVE every Wednesday from 1:30 – 3pm at this link: <https://northcountryhealthcare.zoom.us/j/9285229442>. Registration not required, for questions please call 928-522-9430. <https://northcountryhealthcare.org/services/obgyn/pregnancy-postpartum-adjustment/> ****infants are welcome, childcare is not provided.**

Al-Anon

Al-Anon members are people, just like you, who are worried about someone with a drinking problem.

Various days and times available. Zoom meetings.

Call for more information: 928-214-6080

Website: <http://flagstaffaa.org/al-anon/>

Cancer Support Groups

Cancer Support Community Arizona is dedicated to ensuring all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

- FREE to adults, youth, teens, families, and caregivers affected by cancer
- Find support at one of our:
 - Weekly support groups (for those with a cancer diagnosis):
 - Mondays at 1:00 pm or 4:30 pm (*Note: the 4:30 pm group is a Men's Only Support Group that meets over zoom for men with cancer or supporting a loved one with cancer)
 - Tuesdays at 5:30 pm (in-person) – Breast Cancer Support Group
 - Wednesdays at 4:00 pm or 5:30 pm (*Note: the 5:30 pm group is a Native American Support group that meets over zoom)
 - Biweekly Spanish speaking support group
 - 1st & 3rd Tuesday of every month at 6:00 pm (zoom)
 - Caregiver support groups (for those who have a loved one with a cancer diagnosis):
 - Wednesdays at 5:30 pm (zoom)
 - Thursdays at 1:00 pm (zoom – grief and loss group)
 - Diagnosis specific support groups
 - Multiple Myeloma: 1st Thursday at 10:00 am (in-person or zoom)
 - Pancreatic: 2nd Saturday at 10:00 am (in-person or zoom)
 - Lung: 2nd Tuesday at 5:30 pm (in-person or zoom)
 - Neuroendocrine: 2nd Saturday at 12:30 pm (zoom)
 - Gynecologic: 2nd Thursday at 5:30 pm (in-person or zoom)
- Healthy Lifestyles: stress reduction, building resilience, art healing, moving for wellness, and nutrition. Seminars and workshops also available.
- Expressive Arts classes: Thursdays 11:30 am – 1:00 pm (in-person) and every other Saturday from 10:00 am – 11:30 am (in-person)
- Native American and Latinx Programs.
- More Information: <https://cscaz.org/NorthernArizona/>
- Contact: 928-236-2333 or email Cindy Payne cpayne@cscaz.org
914 N. San Francisco St, Suite G, Flagstaff, AZ 86001

Resources Available Through Northland Hospice & Palliative Care

Northland Hospice offers Bereavement Services to our community on both an individual and group basis. These services are provided at no charge. These Bereavement Services are conducted by Counselors or Social Workers. Periodically the support groups are facilitated by Volunteers with related and/or extensive training. Most sessions are held at the Northland Hospice Office at 452 N. Switzer Canyon Drive in Flagstaff, AZ. One of the support groups is held in Williams, AZ at the St. John's Episcopal-Lutheran Church, 202 W. Grant Ave, Williams, AZ.

Prior to attending any sessions, individuals meet or talk with the Bereavement Counselor in order to complete a brief intake form and explore other pertinent resources – (928) 779-1227.

Grief Support Groups at Northland Hospice & Palliative Care

Northland Hospice & Palliative Care offers individual and group support to community members (adults and children) dealing with the death of a loved one, suicide of a loved one, death of a pet, miscarriage, or with the challenges of caregiving.

Individuals must speak with a staff member before participating in these sessions. Call for more information: 928-779-1227. Free grief counseling also available.

Individual Sessions in Flagstaff, AZ

For those who have experienced the death of a loved one or are experiencing anticipatory grief, loss and related issues. A person may meet with Northland Hospice professional staff for counseling and support at the Northland Hospice Office, 452 N. Switzer Canyon Drive, Flagstaff, AZ.

Life After Loss Support Groups in Flagstaff, AZ

For individuals who have experienced the death of a loved one under any circumstance. This group meets the second and fourth Wednesdays of each month, 4:30 - 6:00 pm, at the Northland Hospice Office, 452 N. Switzer Canyon Drive, Flagstaff, AZ.

Life After Loss Support Groups in Williams, AZ

Similar to the other Life After Loss Support Groups described above. This group meets the first and third Thursdays of each month, 4:00 - 5:30 pm, at St. John's Episcopal-Lutheran Church, 202 W. Grant Ave., Williams, AZ.

Loss Due to Suicide Support Group in Flagstaff, AZ

For families and friends who have experienced the death of a loved one who has completed suicide. Services also available for children impacted by suicide. This group meets the second and

fourth Tuesdays of each month, 5:30 - 6:00 pm, at the Northland Hospice Office at 452 N Switzer Canyon Drive, Flagstaff, AZ.

Caregivers Support Group in Flagstaff, AZ

For individuals who find themselves in a caregiving role for a loved one who is disabled, chronically ill, or terminally ill. This group meets the first and third Mondays of each month, 12:00 -1:30 pm, at the Northland Hospice Office, 452 N. Switzer Canyon Drive, Flagstaff, AZ.

Children's Grief Services

Bereavement Services and support are available to children and young adults, primarily through individual sessions in our office. Northland Hospice professional staff is also available to provide grief support groups in conjunction with the schools or other community organizations.