

NAU Counseling Services

Counseling Groups for Spring 2022

Most groups require a pre-group brief assessment prior to joining. Please call (928)523-2261 to schedule a brief assessment or for more information. Start dates will be determined as groups are filled. All group offerings will be conducted via zoom.

Understanding Self and Others Group - Issues discussed may vary widely such as anxiety, depression, difficulty adjusting, family issues, and relationships. This group can provide a time to obtain different perspectives as well as receive support from other members.

- Fridays 10:00 to 11:30 am

Understanding Self and Others through Music Group –Where words fail, music speaks. In this group there will be space to discuss issues like anxiety, depression, family issues, relationships, and adjustment. This is a place to receive support and insight while using music to help us process our feelings.

- Wednesdays, 3:00pm to 4:30pm

Healing through Yoga Group – The primary intention of this group is to reconnect survivors of trauma to self; in mind, body, and spirit, while also building a community of trust with their peers. Members will not be expected or asked to speak about their trauma and are expected to be actively engaged with their own individual therapist.

- Mondays, 1:30-3:00 pm

Coping Skills - In this group, members will learn how to identify thoughts, beliefs, and assumptions that significantly impact their emotions and relationships. Topics covered will include: core mindfulness, crisis survival, emotion regulation, and interpersonal effectiveness.

- Thursdays, 10:00am to 11:30am

Grief Group – Grief is an adaptive and universal response to loss that can deeply impact our ability to show up in the world. This group aims to be a supportive community where students experiencing loss can honestly process what they're going through in a compassionate and safe space with other students in similar walks of life.

- Wednesdays, 12:00 to 1:30pm

Gender Diversity Support Group - Open to NAU students, faculty, and staff, as well as Flagstaff community members that identify as gender diverse, Trans, non-binary, or gender questioning. Please contact Marian Griffin 928-523-5656, or Marian.griffin@nau.edu

- Fridays, 11:00am-12:30pm

Autism Skill Building Group – In this 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 IMQ in the Fieldhouse - Kaibab Building 30 University Union.

For more information contact Christopher.Margeson@nau.edu

- Fridays, 1:30pm to 3:00pm

Healthy Choices Alcohol Education - This is a 2.5-hour psychoeducational group provided to mandated and non-mandated students. You may be referred through self-referral or campus partners. If you are self-referred, please contact our office. Topics covered: risks of alcohol use, increase knowledge and awareness of alcohol use and moderation/harm reduction strategies.

- Wednesdays, 12:00pm to 1:30pm

Healthy Choices Cannabis Education - This is a 2.5-hour psychoeducational group provided to mandated and non-mandated students. You may be referred through self-referral or campus partners. If you are self-referred, please contact our office. Topics covered: risks of cannabis use, increase knowledge and awareness of cannabis use and moderation/harm reduction strategies.

- Wednesdays, 12:00pm to 1:30pm

Substance Use Support Group - This group will take a non-judgmental approach to meeting student needs regarding various topics as they relate to substance use. We provide a place to gain insight into personal substance use while also offering accurate information about effective, research-based harm reduction practices.

- Wednesdays 12:00 to 1:30 pm

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. Contact rebecca.flasz@nau.edu or check out <https://in.nau.edu/campus-health-services/mental-health-support-squad/> for more info!

- Tuesdays, via zoom 5:30 to 6:30 pm
- Thursdays, 5:30 to 6:30 pm, Health and Learning Center