

NAU Counseling Services

Counseling Groups for Fall 2020

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. Cost is for Fall 2020 with a 4 group minimum commitment. Start dates will be determined as groups are filled. All group offerings will be conducted via HIPPA compliant, Zoom meetings.

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

- Wednesdays, 3:00pm to 4:30pm
- Thursdays, 1:30pm to 3:00pm

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.

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

Anxiety Workshop - Learn more about anxiety, explore how it shows up for you, and gain the skills to manage it. This 6-session workshop runs throughout the semester, join anytime.

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

Trans Support Group - Open to NAU students and Flagstaff community members that identify as Trans, gender fluid, non-binary, and/or non-cisgender. Please contact Marian Griffin 928-523-5656, or Marian.griffin@nau.edu

- Every Friday, 3:00pm to 4:00pm