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 HIPAA 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

**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](mailto:Marian.griffin@nau.edu)
- Mondays, Starting October 12th, 2:00pm to 3:00pm