

NAU Counseling Services

Counseling Groups for Spring 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 free for Spring 2020 with a 4 group minimum commitment. Start dates will be determined as groups are filled.

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

- Mondays, 2:00pm to 3:30pm
- Wednesdays, 11:30am to 1:00pm
- Thursdays, 3:00pm to 4:30pm

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, distress tolerance, emotion regulation, and interpersonal effectiveness.

- Wednesdays, 3:00pm to 4:30pm (mid semester start)
- Fridays, 10:00am to 11:30am (early semester start)

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 from February 4th - April 28th. Join anytime.

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

Healthy Mind Series – A 4-week educational outreach that addresses: lifestyle, depression, anxiety and relationships. *This does not require a brief assessment*

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

Latinx Support Group - This is a group for Latinx-identifying students who are looking to connect with others, build community, and receive support for the experiences that are unique to, or intersect with, the Latinx identity. Topics include but are not limited to mental health, microaggressions, family, relationships, cultural experiences, etc.

- Thursdays, 3:00pm to 4:30

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

- Every other Tuesday, 4:00pm to 5:00pm