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. All meetings are currently held via ZOOM.

Check-in Groups – Many challenges have come from the current global health crisis. These groups provide a safe place to check in with other members to provide social support and share ideas that have been helpful.
- Mondays, 2:00pm to 3:30pm
- Wednesdays, 11:30am to 1:00pm
- Thursdays, 3:00pm to 4:30pm
- Fridays, 9:00am to 10:30am

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, join anytime.
- Tuesdays, 3:00pm to 4:30pm

Healthy Mind Series – An educational outreach series that addresses: lifestyle, depression, anxiety and relationships. *This does not require a brief assessment*
- Wednesday, 4/1/2020 3:30pm to 5:00pm – Healthy Lifestyle
  - [https://zoom.us/j/553138576](https://zoom.us/j/553138576)
- Wednesday, 4/8/2020 3:30pm to 4:30pm – Coping with Anxiety
  - [https://zoom.us/j/553138576](https://zoom.us/j/553138576)
*Check back for further meeting dates

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