

Groups for Spring 2023

Wellness Group

Fridays, 10:00-11:30am at NAU Counseling Services, cost of group is \$5 and requires a Brief Assessment visit at Counseling Services.

College is a time for identity exploration and novel experiences. This group will focus on connecting more meaningfully with yourself and others and facing the challenges that inevitably arise.

2SLGBTQIA+ Support Group

Mondays, Feb 13, Feb 27, March 20, April 3, April 17 from 2-3:00pm at IMQ office at the Field House. No cost

This is a bi-weekly structured support group for anyone who is in the 2SLGBTQIA+ community or who may be questioning their gender and sexual identity. The topics covered will be centered around authenticity, cultivating hope, and self-compassion.

Women of Color Group

First and Third Wednesday of every month, 2:00-3:00 at IMQ office in the Field House. No cost

Join us as we gather for healing, support and connection as trans and cis women of color. Topics such as relationships, academic distress, growing, transitioning, and more are honored here. Contact Lisa.Taylor@nau.edu or Dazhoni.Scott@nau.edu for further information.

Healthy Choices Alcohol or Cannabis Education

Groups are held at NAU Counseling Services. Call 928 523 2261 for further information.

These are 2.5-hour psychoeducational groups 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 or cannabis use, increase knowledge and awareness of use, and moderation/harm reduction strategies.

Mental Health Support Squad Group

Tuesdays from 5:30pm – 6:30pm, Health and Learning Center (HLC), room 3107. No cost

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 nau.edu/support-squad.com for more info!

Autism Skill-Building Group

Fridays from 1:30pm – 2:30pm, IMQ office in the Fieldhouse - Kaibab Building 30. No cost

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.

For more information contact Christopher.Margeson@nau.edu

ADHD Support Group

Run by Julia Bopp out of the Academic Success Center, Fridays from 3pm-4pm. No cost

This group is a provided service to those individuals affected by ADHD to learn ways to navigate their college experience by sharing tips and strategies together in a supportive manner. This group will be facilitated Julia Bopp out of the Academic Success Center. Email Christopher.Margeson@nau.edu for more information.