NAU Counseling Services Groups for Fall 2022

Most groups require a pre-group brief assessment prior to joining. Please call (928) 523-2261 for more information or email kristin.anderson@nau.edu. Start dates will be determined as groups are filled and typically cost $5.00.

Adulting 101 – Learn (some of) the things not taught in class. Topics may include career, study, living, wellness, money, and relationships. Not sure about something? Need to connect with an expert? Here you can find support and challenge within a group setting to help you achieve your goals. We got you.
*When: Wednesdays 3:00-4:30pm*

2SLGBTQIA+ Support Group – 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.
*When: Fridays (bi-weekly) 10:00-11:30am*

Understanding Self and Others Group - Issues discussed may vary widely such as anxiety, depression, difficulty adjusting, family issues, and relationships. This group can provide a time to obtain different perspectives as well as receive support from other members.
*When: Wednesdays 11:30am-1:00pm*

Healing through Yoga Group – The primary intention of this group is to reconnect survivors of trauma to self; in mind, body, and spirit, while also building a community of trust with their peers. Members will not be expected or asked to speak about their trauma.
*When: Mondays 1:30-3:00pm*

Mindful Self-Compassion Group – Are you kinder to others than yourself? Are you your own worst critic? Using the framework of Kristin Neff’s Mindful Self-Compassion, this group will discuss how to stop being so hard on yourself, how to handle difficult emotions with greater ease, how to motivate yourself with encouragement rather than criticism.
*When: Thursdays 10:00-11:30am*

Dialectic Behavior Therapy (DBT) - 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.
*When: Tuesdays 10-11:30am*

Harm Reduction – This group will take a non-judgmental approach to meeting student needs regarding various topics as they relate to substance use. We provide a place to gain insight into personal substance use while also offering accurate information about effective, research-based harm reduction practices.
*When: Tuesdays 2:00-3:30pm*
**Additional Free NAU Groups**

**Healthy Choices Alcohol or Cannabis Education** – 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.

**Gender Diversity Support Group** - Open to NAU students, faculty, and staff, as well as Flagstaff community members that identify as gender diverse, trans, non-binary, or gender questioning. Please contact Lee Griffin 928-523-5656 or M.lee.griffin@nau.edu for more info.

**Art & Joy Group:** The primary intention of this group is to reconnect with yourself and others through joy-focused art exploration. Topics covered will include relationships, nature, self-image, identity, gratitude, yoga, meditation, and service. Hosted by the MHSS program manager and care management coordinator. No pre-group brief assessment necessary and no cost associated with participation. Contact kristin.anderson@nau.edu for more info!

*When: Wednesdays 1:00-2:00pm*

**Mental Health Support Squad Group:** 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 https://in.nau.edu/campus-health-services/mental-health-support-squad/ for more info!

**Autism Skill Building Group** – In this group, we offer a space where members can support each other as the navigate life with Autism while learning coping skills related to the college experience. Meetings will be held at IMQ in the Fieldhouse - Kaibab Building 30 University Union. For more information contact Christopher.Margeson@nau.edu

**ADHD Support Group** - 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 by Julia Bopp out of the Academic Success Center. Email Christopher.Margeson@nau.edu for more information.

**Parents of College Students Support Group** – Bringing parents together to help each other navigate this transitional period in our lives. We will cover topics related to supporting your NAU college kid, empty nest phenomenon, exploring resources at NAU and in the community, changes in communication with your child and other general topics that may arise in our support group. This group meets bi-weekly via zoom with a casual atmosphere of support and trying to figure out the next developmental steps for all of us. Email Christopher.Margeson@nau.edu for more information and zoom link.