NAU Counseling Services
Counseling Groups for Fall 2021

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. Start dates will be determined as groups are filled. All group offerings will be conducted via zoom.

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.
• Wednesdays, 11:30am to 1:00pm
• Fridays, 10:30am-12:00pm

Understanding Self and Others through Music Group – Where words fail, music speaks. In this group there will be space to discuss issues like anxiety, depression, family issues, relationships, and adjustment. This is a place to receive support and insight while using music to help us process our feelings.
• Wednesdays, 3:00pm-4:30pm

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 and are expected to be actively engaged with their own individual therapist.
• Mondays, 1:30pm-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.
• Thursdays, 10:00am-11:30am

OCD Support Group - At this open OCD support group for NAU students, participants will have an opportunity to engage in dialogue that offers the unique opportunity to receive multiple perspectives, peer-to-peer support, and encouragement in a confidential environment. Participants will also learn skills and strategies for living with OCD.
• Mondays, 4:30pm-6:00pm

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 Marian Griffin 928-523-5656, or Marian.griffin@nau.edu
• Wednesdays, 3:30pm to 4:30pm
Autism Skill Building Group – 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. Meetings will be held in Health Promotion – Large Group. For more information contact Christopher.Margeson@nau.edu

- Wednesdays, 11:00am to 12:00pm

Healthy Choices Alcohol Education - This is a 2.5-hour psychoeducational group 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 use, increase knowledge and awareness of alcohol use and moderation/harm reduction strategies.

- Thursdays, 1:00pm-3:30pm

Healthy Choices Cannabis Education - This is a 2.5-hour psychoeducational group 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 cannabis use, increase knowledge and awareness of cannabis use and moderation/harm reduction strategies.

- Fridays, 1:00pm-3:30pm

Bonus Student-led Group outside of NAU Counseling Services:

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!

- Thursdays, 5:30 to 6:30 pm, Health and Learning Center