

SKILL BUILDING GROUPS:

Finding Calm: Coping with Stress and Worry. This four-week group will offer students a chance to learn a wide variety of skills to address their stress, worry and anxiety symptoms. Students will learn how to recognize automatic negative thoughts, physical symptoms and learn how to plan for anxious moments and stressful times and how to support their peers. **Starting Weds Feb. 5, March 4 and April 8 held at Living Well.** Group facilitator: [Mary Heining, MS, LADC](#)

Navigating Mood Together: Often, pervasive and recurrent changes in our mood can disrupt our sense of ourselves and our relationships with others. Not only do we feel isolated and alone with our experiences, we may also feel unable to actually attend to ourselves in such distress, lost as to what to do about it all. Or we attempt singular actions or “coping skills” that seem to only address one aspect of our full mood experience, leaving the other aspects unaddressed and lingering. This group seeks to provide community and connection around navigating our mood states, all the while learning a more expansive and comprehensive way to give care to ourselves in the moment during those distressing times. This group is an “open group,” meaning that people can join at any time during the semester and be welcomed as an active participant. You are not alone with all of this and there are ways you can develop a holistic response to who you are and how you interact with others, regardless of your mood. *Group Facilitator: Mark Reck, Psy.D.* ****To join this group, either contact or have your CAPS provider (if you have one) contact Mark Reck (mark.reck@uvm.edu) prior to attending the next offered session.**

Managing Life Stress: The Managing Life Stress group is a DBT-informed group that focuses on the awareness, impact, and management of life stress, including (but not limited to) academic, social, personal, family-of-origin, mental health, and relationship stress. The goal of this group is to help students tolerate life stress and enhance their overall well-being. Group information highlights strategies that enhance personal awareness, skills to tolerate distress (aka “crisis survival skills”), overall emotion regulation skills, and enhancing interpersonal effectiveness. This group provides a safe environment to learn and practice life skills with the accountability of sharing of skills practice between sessions. *Facilitator: Carrie Fleider, MSW.* Offered in 4 week sessions, offered more than 1x a semester.

The Practice of Self-Love: Many of us often experience compassion and love for our friends, acquaintances and even strangers, and yet struggle to offer that same kindness towards ourselves. In this 4 week workshop we will explore and discuss what self-love is and isn't as well as dive deeper into topics around self-kindness, common humanity and mindfulness. We will introduce and practice concrete skills that you can use to build your own daily practice of self-love. **4 - week workshop (2 sessions offered) – Fridays 1:30-3pm Location and start date TBD** No group screening appointment required. Call CAPS to be scheduled for the group. Led by [Kelly Boardman, MS](#) and [Sarah Weinstein, MS](#)

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PROCESS GROUPS

Group Therapy for Black Women and Femmes: Do you self-identify as a Black woman or femme? Ever thought about therapy? Are you interested in exploring your identity and inner wisdom in an affinity space? This space is an empowering and supportive space for community building with other Black Women or Femmes. Facilitators: Jessica Snook and Keiba Bragg-Best. **Starting Feb. 24, 2020.** Runs 6 weeks. Held at **Mosaic Center for Students of Color Classroom.**

Connect and Explore for Women: Come connect and explore personal issues with other women in a warm supportive setting. We'll talk about a variety of issues and concerns specific to identifying as female/femme in this day and age, relating to/accepting self or others, and finding community. Students who want to resolve specific concerns as well as those seeking personal growth are welcome. This group offers a safe environment to identify and explore feelings; to give and receive support and feedback; to practice new, healthier ways of relating to others; and to feel less lonely or isolated at UVM or in this world. Group facilitator: Mary Heining, MS, LADC

Connect and Explore: Come connect and explore personal issues with peers in a warm supportive setting. We'll talk about a variety of issues and concerns including managing stress, adjusting to college life, dealing with depression and anxiety, relating to/accepting self or others, and becoming an "adult". Students who want to resolve specific concerns as well as those seeking personal growth are welcome. This group allows students the chance to get their peers' perspectives and support on various issues, and recognize that they are not alone at UVM and in this world. Group Facilitator: Jessica Metcalf, PsyD.

Multiracial Engagement group: This group provides an opportunity for students who identify as multiracial/multiethnic to explore their identities and discuss the impact of holding multiple identities here at UVM, and in their past personal lives. Topics include, but are limited to, racial/ethnic identity on campus and at home, family identity and functioning issues, the impact on relationships (romantic and platonic), internalized systems of oppression, and culture vs. race/ethnicity. This group is only intended for students who identify as having two or more races/ethnicities, or find that the culture they were raised in conflicts with their race/identity. Group facilitator: Zachary Key, MA, NCC

The Will to Change: men reclaiming their masculinities: This group provides a space for young men to explore their masculinities, with the underlying goal of empowering their authentic self. This group seeks to heal the wounds of patriarchy, which inhibit the full access to our essential good. Utilizing the writings of bell hooks' book: *The Will to Change* as our foundation, as well as discussion, multimedia, and breath-work, we will explore boyhood, masculinity, patriarchy, and the ability and art of Loving. Courage to explore your identity and a commitment to eight weekly meetings is your key to acceptance into this group. The group runs for eight weeks, starting **Wednesday, February 5th, from 5:00-6:30pm.** Co-facilitators: Keith E. Smith, and Stefan Nickum. This will be a closed group after the 2nd week.

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Women and Femme Graduate Students: This group provides a supportive space for women and femme identifying* graduate students to share your concerns and experiences related to graduate school. Themes that may be discussed include: exploring the school-life balance, navigating boundaries and relationship dynamics, understanding perfectionism and the internal critic, and developing stress management tools. This group is intended to provide members with collaborative learning and validation, while also identifying strategies to enhance holistic well-being. *If you identify as non-binary or trans masculine, there is space for you too. Group facilitator: Kelly Boardman, M.S. and Mirka Sussman, MS.

Grief & Loss: Students who have experienced the loss of a loved one (parent, sibling, friend) recently or in the past, have this opportunity to share their experiences with each other, supporting and being supported and learning ways to do the emotional and physical work of grieving. Group facilitator: Jennifer Phillips, LICSW, LADC

Body Positive: Are you struggling with fully embracing your body? You are not alone! Come join us as we focus on healing our relationships with our bodies. The Body Positive is an 8 week group focusing on building a healthy and freeing relationship with our bodies, food, and exercise. It is based on the curriculum created by Body Positive based out of California with a focus on their 5 competencies: Reclaim Health, Cultivate Self-Love, Practice Intuitive Self-care, Declare Your Own Authentic Beauty, and Build Community. There will be space for both activities as well as ongoing discussion. Full 8 week commitment required as each voice is crucial to the group. All genders, identities, and body types welcome and celebrated! Please call CAPS (802) 656-3340 or SHS (802) 656-3350 to set up a brief group screening appointment with Sarah Weinstein (at CAPS) or Abby Maynard (at SHS). Co-lead by Abby Maynard, NP and Sarah Weinstein, MS

Transgender Identities Support Group: This group offers a supportive space for students who identify as transgender or gender queer (including nonbinary, abinary, bigender, etc.). Focus on processing experiences that students may be coping with related (but not limited) to their gender identity including navigating relationship dynamics, boundaries with peers and family, body positivity, being our authentic selves in our bodies while staying safe, the potential challenges related to making choices about transitioning, coping with assumptions and biases both within and outside of the queer community , and identifying resources for support for stressors related to navigating systems that have historically favored cisgender heteronormative humans. (Day TBD through group screening and member input) from 4 – 5:30 PM. Group Facilitator: Chelsea Jewell, MS, NCC preferred pronouns: she/her or they/them

Family Stress Support Group: This group is a safe place for students to explore how stressors from home including but not limited to substance use and abuse, family conflict, divorce, persistent illness, etc. impact their college experience and their evolving identities. In addition to the topic of how one has been and is affected by various family situations, topics in group meetings vary widely and include managing stress, general adjustment to university life, and relating to others and to oneself. Students looking for a supportive atmosphere in which to explore these topics related to present life who are also becoming aware of how they are affected by stresses experienced in their family should meet with the group leader to find out more information about participation in the group. Derek George, LADC, LICSW

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Recovery Group: This group is geared towards people who are substance free for at least 30 days and are interested in exploring issues that arise as part of living a substance free life. Participants may be involved in formal recovery program but not required for this group. Group facilitator: Walter Brownsword, III, MA, LADC, CS

Surviving to Thriving Support Group: Surviving to Thriving is a trauma survivor's group. It is designed to provide a supportive and safe environment for women who have experienced sexual violence such as sexual assault, rape, childhood sexual abuse, or dating violence. This group will provide participants the opportunity to share experiences, connect with others, and receive support in regaining a greater sense of control and empowerment in their lives. Participants in this group can expect to achieve a greater understanding of common reactions to assault and the ways in which it can impact your life, develop skills for improved coping, and work through common challenges in the healing process. Group facilitator: Carrie Fleider, LICSW

RA Support Group: This group provides a supportive space in which RA's can share experiences, gain different perspectives on their experiences, and connect with their peers in a confidential space. This group will be semi-structured, offering both the opportunity to discuss planned topics and the opportunity to bring a topic you are struggling with into the group. This group will be an open group throughout the semester- but we would like to do group screens and will not start the group until we have 5 committed students. This group is co-lead by Rebecca Elliot and Staci Tokarz.

Survivors' Space: Drop In Group: If you have experienced sexual violence, dating violence, and/or stalking, join us at the Women's Center on Weds 5:00-6:30 p.m. All genders, sexualities, identities welcomed. Facilitated by Laurie Brown, LICSW. Meets weekly. Hang out and check in.