

# GROUP EXPERIENCES

Spring 2024

## Support Groups

### Grief & Loss

Wednesdays  
5:00-6:30 PM  
1/17-5/1  
Foust 135

### Survivor Support

Wednesdays  
3:00-4:30 PM  
1/24-4/24  
Foust 135 & WebEx

### LGBTQIA+ Support

Fridays  
4:00-5:00 PM  
1/26-4/26  
Location: UC - CSID

## Coping & Wellness

### Health & Wellness Strategies

Tuesdays  
3:00-4:30 PM  
1/23-4/23  
Location: UC - CSID

### Managing Anxiety

Thursdays  
3:00-4:30 PM  
1/25-4/25  
Foust 135

### Yoga for Mental Wellness

Fridays  
11:00 AM -12:00 PM  
1/26-4/26  
Foust 135

## Connection

### Let's Connect

2nd & 4th Wednesday  
of each Month  
2:00-3:45 PM  
1/10-4/24  
Location: UC - CSID

### Let's Relax

1st & 3rd Wednesday  
of each Month  
2:00-3:45 PM  
1/17-5/1  
Location: UC - CSID

## Therapy Dogs & Art

### Open Door Art

Fridays  
12:00-4:45 PM  
1/12-4/26  
Foust 134

### Pause for Paws - Therapy Dogs

2nd & 4th Friday of  
each Month  
3:00-4:45 PM  
1/12-4/26  
Location: Foust Lawn  
or UC (check  
@cmucounseling  
instagram)



Scan or click to complete the  
**"Request for Group  
Counseling"** form.

(989) 774-3381  
[counsel.cmich.edu](http://counsel.cmich.edu)



**COUNSELING CENTER**  
CENTRAL MICHIGAN UNIVERSITY

# DESCRIPTIONS

## **Grief & Loss Support Group**

You do not have to be alone in your grief. Offered to those who have suffered the death of a loved one. Leader: Michelle Bigard (bigar1mf@cmich.edu)

## **Survivor Support**

This support group is open to anyone who has been impacted by sexual assault, domestic violence, intimate partner violence, and/or stalking. The content of the group varies from week to week, but there is no obligation or pressure to share your story to attend. Leader: Aileen Guerra-Morales (guerr1a@cmich.edu)

## **LGBTQIA+ Support**

Support is crucial to well-being. Learn healthy relationship skills, get support, explore sexual orientation and gender identity, and connect with others in a supportive and affirming environment. Leader: Elizabeth Husbands (husba1e@cmich.edu)

## **Health & Wellness Strategies**

Interactive group focused on a pro-active approach to developing skills and strategies to better manage the challenge in day to day life. Learning how to work through stress, disappointment, adjustment and the unexpected things life offers. Leader: Anna Grajek (graje1am@cmich.edu)

## **Managing Anxiety**

Focus on managing anxiety while providing support and being supported by others who can relate. Learn new anxiety management strategies as well as tangible skills and tools you can use to address anxiety while sharing what has worked for you with each other. Leader: Atefeh Jenrow (jenro1ae@cmich.edu)

## **Yoga for Mental Wellness**

End your week with relaxation and self-care. Each class will begin with a grounding exercise, following by some gentle stretching, and end with a guided meditation and time for total relaxation. Over the course of the semester, we will practice several types of meditation, breathing exercises, and yoga poses specifically selected to help calm your nervous system. No prior yoga experience necessary. Leader: Julie Fortino-Shurtliff (fort1ja@cmich.edu)

## **Let's Connect**

A time to relax, ask questions about mental health, create art, and connect with the CSID Dedicated Counselor. Feel free to drop in for a few minutes or spend the entire time connecting. Leader: Elizabeth Husbands (husba1e@cmich.edu)

## **Let's Relax**

A time to relax and learn some techniques for managing stress. Sessions will run every 20 minutes and you can stay for as many as you like. We will practice several types of mindfulness, breathing exercises, and guided meditations specifically selected to help you relax. Leader: Julie Fortino-Shurtliff (forti1ja@cmich.edu)

## **Pause for Paws**

Take a moment to relax with a therapy dog. Dogs are present the 2nd & 4th Friday of each month. Meets in the UC (check @cmucounseling Instagram). Leader: Margy with Therapy Dogs International

## **Open Door Art**

The art room is open all afternoon. Come create your own art. Materials are provided, but feel free to bring your own supplies/projects as well. You are welcome to drop in for any period of time. This drop in space is self-directed. Questions are directed to: Kristie Miner (birch1kl@cmich.edu)