Counseling Center Student Support Groups  
Fall 2016

**Grief and Loss Support Group**  
A counselor-lead support group where students can explore and learn more about grief. Open to CMU students who have experienced any type of loss, recently or in the past.  
**Time:** Fridays, 1:00 p.m. starting September 16  
**Location:** Foust Hall 103  
**Facilitator:** Julie Wellman, MA, LLPC

**International Student Support Group**  
This 1-hour support group running for the Fall Semester aims to explore your thoughts and feelings about arriving and studying in a new country, as well as offering new perspectives and skills to cope with situations that involve interacting in a different way.  
**Time:** Fridays, 3:00 p.m. starting September 9  
**Location:** Foust Hall 103  
**Facilitator:** Frank Kuo, Ph.D., LLP

**Intimate Partner Violence Support Group**  
For those who have experienced or continue to experience power and control tactics by a current or former partner.  
**Time:** Tuesdays, 2:00 p.m. starting September 20  
**Location:** Foust Hall 103  
**Facilitator:** Megan Varner, MA, LLPC

**LGBTQ+**  
A confidential, counselor-facilitated support group for LGBTQ+ individuals and to feel positive about their sexual and gender identity.  
**Time:** Fridays, 2:00 p.m. starting September 23  
**Location:** Foust Hall 106  
**Facilitator:** Cory Cole, MSW, LMSW

**New To CMU!**  
Come and meet others just like you and get information on CMU Counseling Center and Resources to help you through challenging life events!  
**Time:** Thursdays, 3:00 p.m. starting September 15  
**Location:** Foust Hall 106  
**Facilitator:** Atefeh Jenrow, MA, LPC, LLP, NCC

**Sexual Assault Survivors Support Group**  
A support group for CMU students who have experienced a recent or past sexual assault.  
**Time:** Thursdays, 3:00 p.m. starting September 15  
**Location:** Foust Hall 103  
**Facilitator:** Megan Varner, MA, LLPC

**Stress and Anxiety Management Group**  
Learn basic relaxation skills you can use at any time!  
**Time:** Fridays, 11:00 a.m. starting September 23  
**Location:** Foust Hall 103  
**Facilitator:** Melissa Hutchinson, MA, LPC, NCC

**Understand Your Challenging Family!**  
College life and family communication can be a difficult balance at times! This group will explore, share, & teach coping skills to deal with challenging family members!  
**Time:** Fridays, 10:00 a.m. starting September 9  
**Location:** Foust Hall 103  
**Facilitator:** Kristie Birchmeier, MA, LPC

**Graduate Student Support Group**  
The Graduate Student Support Group is a forum for graduate students to gather in an open and motivational community to give and receive support related to the concerns that develop from or interfere with their graduate studies.  
**Time:** Fridays, 9:00 a.m. starting September 23  
**Location:** Foust Hall 103  
**Facilitator:** Michelle Bigard, MSW, LMSW

9/1/16