

# GROUP EXPERIENCES

Spring 2026

## Support Groups

### Grief & Loss

Wednesdays  
5:00-6:30 PM  
1/21-4/29  
Foust 136

### Survivor Support

Wednesdays  
3:00-4:30 PM  
1/21-4/29  
Foust 135

## Coping & Wellness

### Executive Function Strategies

Tuesdays  
5:00-6:30 PM  
1/20-4/28  
Foust 135

### The Art of Managing Anxiety

Wednesdays  
5:00-6:30 PM  
1/21-5/1  
Foust 135

## Therapy Dogs & Art

### Open Door Art

Fridays  
12:00-4:45 PM  
1/23-5/1  
Foust 134

### Pause for Paws - Therapy Dogs

2nd & 4th Friday of each Month  
3:00-4:45 PM  
1/23-4/24  
Location: UC (check @cmucounseling Instagram for location changes)

## Connection

### Let's Connect

Wednesdays  
2:00-3:45 PM  
1/14-4/29  
Location: UC - CSID

### Chillaxin with Elizabeth

2nd and 4<sup>th</sup>  
Wednesday of each month  
7:00-8:30 PM  
1/28-4/22  
Location: Kulhavi 142



Scan or click to complete the [Request for Group Counseling](#) form.

“Groups are so fun and they prevent me from staring at my ceiling in my dorm, which is what I was first doing when I go there. They also provide excellent perspectives.” -anonymous CMU student



(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 grieve alone. Meet with others to face the challenges of grieving and create a community of connection and support. Each person's grief journey is unique and respected. Group is primarily discussion based with some activities such as developing one's own healing rituals, letter writing and art making.

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)

## **Executive Function Strategies**

Do you struggle to manage your time/tasks, have a hard time asking for help, saying "no" to things you want to do, but don't have time to do? Learn strategies to help with prioritizing, organizing/shifting between tasks, and staying focused/regulating attention. Build or improve your skills and improve your classroom performance.

Leader: Anna Grajek (graje1am@cmich.edu)

## **The Art of Managing Anxiety**

Combine calming and expressive art activities while getting and providing support along with 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: Atefah Jenrow (jenro1ae@cmich.edu)

## **Let's Connect**

A time to relax, ask questions about mental health, create art, and connect with a counselor. Feel free to drop in for a few minutes or spend the entire time connecting.

Alternating Leaders: Elizabeth Husbands (husba1e@cmich.edu) and 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). Questions are directed to: Counseling Center (counsel@cmich.edu)

## **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)

## **Chillaxin' with Elizabeth**

A support group for students with minoritized identities.

Leader: Elizabeth Husbands (husba1e@cmich.edu)