

GROUP EXPERIENCES

FALL 2022

Coping & Wellness

Coping & Wellness

Tuesdays
3:00-4:00 PM
Dates: 9/13-12/6
Foust 135 & Virtual
Leader: Anna Grajek
(grajeta@cmich.edu)

Yoga for Mental Wellness

Tuesdays
6:00-7:00 PM
Dates: 9/13-12/6
Location: Kulhavi Hall
Group Fitness Room
1st Floor - Rm 145
Leader: Julie Fortino
Shurtliff
(fortl@cmich.edu)

Therapy Groups

Grief & Loss

Wednesdays
6:00-7:00 PM
Dates: 9/14-12/7
Foust 135 & Virtual
Leader: Michelle Bigard
(bigar1mf@cmich.edu)

Managing Anxiety

Thursdays
3:00-4:30 PM
Dates: 9/15-12/8
Foust 135 & Virtual
Leader: Atefeh Jenrow
(jenro1ae@cmich.edu)

Student Led Peer Support

Autism Spectrum Club

Fridays
1:30 -2:30 PM
Dates: 9/9-12/9
Foust 103
Student Leader:
Alexandria Alma
(alma1aj@cmich.edu)

CMCREW: Alcohol and Other Drugs

Recovery in 133

Tuesdays
2:00-3:00 PM
Dates: 9/13-12/13
Location: CMCREW
Lounge - Foust 133
Leader: CMCREW
989-774-2739

Sober Spaces

Fridays
11:00 AM -2:00 PM
Dates: 9/16-12/16
Location: CMCREW
Lounge - Foust 133
Contact: CMCREW
989-774-2739

Therapy Dogs & Art

Open Door Art

Fridays
12:00-4:45 PM
Dates: 9/16-12/9
Foust 134/135
Contact: Kristie Miner
(birch1kl@cmich.edu)

Pause for Paws - Therapy Dogs

Fridays
3:00-4:45 PM
Dates: 9/9-12/9
*2nd & 4th Friday of
Month
Location: Foust Lawn
9/9; UC Terrace
9/23 and beyond



COUNSELING CENTER

CENTRAL MICHIGAN UNIVERSITY

(989) 774-3381

counsel.cmich.edu



Scan or click to complete **"Request for Group Counseling"** form. If your group is not listed, no prior registration is necessary.

DESCRIPTIONS

Coping & Wellness

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)

Yoga for Mental Wellness

A typical class will involve gentle movement (asana), attention to breathing, attunement to the present moment, deep relaxation, mindfulness, nonjudgmental awareness of the mind, body and breath, and delight in movement. Experience and research suggest that yoga can be a powerful tool for mental wellness. The regular practice of yoga can lift the mood, reduce stress, enhance problem-solving, improve strength and flexibility, lessen fatigue and increase energy. Located on the 1st floor of Kulhavi Hall. Leader: Julie Fortino Shurtliff (fort1ja@cmich.edu)

Grief & Loss Support Group

You do not have to be alone if your grief. Offered to those who have suffered the death of a loved one. Leader: Michelle Bigard (bigar1f@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)

Autism Spectrum Club—Student Led Peer Support

The Autism Spectrum Club (ASC) is a club on campus ran by Autistic people for Autistic people. It is a means for autistic people to connect to others like them, as we all relate our experiences to each other, provide support, and find solutions to make campus life easier. It is intended to be low committal, low stress, and a safe space. Student Leader: Alexandria Alma (alma1aj@cmich.edu)

Recovery in 133

Recovery peer support group open to individuals in recovery from substance use disorder or those looking to examine their relationship with alcohol or other substances. This meeting is open to all pathways of recovery.

Sober Spaces

Scheduled open-door hours in the CMCREW Lounge for those in/around recovery seeking a sober space to work on homework, engage in fellowship, or just be. CMCREW coordinator will be present in this space to address any concerns brought up, but confidentiality cannot be guaranteed during these hours.

Pause for Paws

Take a moment to relax with a therapy dog. Dogs are present the 2nd & 4th Friday of each month. Meets outside on Foust Lawn; Indoor at the UC Terrance during inclement weather. Leader: Margie with Therapy Dogs International

Open Door Art

The art room is open all afternoon. Come create on your own art. You are welcome to drop in for any period of time. Leader: Kristie Miner (birch1kl@cmich.edu) is present for some of the time, but not the full afternoon.