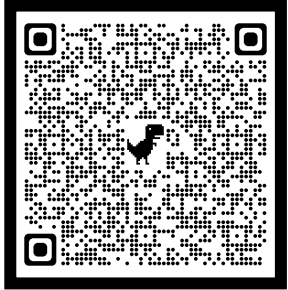


Group Experiences - Fall 2022



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

Tuesday	Wednesday	Thursday	Friday	Friday, cont.
<p>Coping & Wellness 3:00-4:00 PM Dates: 9/13-12/6 Foust 135 & Virtual Leader: Anna Grajek (graje1am@cmich.edu)</p>			<p>Open Door Art 12:00-4:45 PM Dates: 9/16-12/9 Foust 134/135 Contact: Kristie Miner (birch1kl@cmich.edu)</p>	<p>Autism Spectrum Club 1:00 –2:00 PM Dates: 9/9-12/9 Foust 103 Student Leader: Alexandria Alma (alma1aj@cmich.edu)</p>
<p>Yoga for Mental Wellness 6:00—7:00 PM Dates: 9/13-12/6 Towers Fitness Center Campbell Hall 1st Floor Leader: Julie Fortino Shurtliff (fort1ja@cmich.edu)</p>	<p>Grief & Loss 6:00-7:00 PM Dates: 9/14-12/7 Virtual Leader: Michelle Bigard (bigar1mf@cmich.edu)</p>	<p>Managing Anxiety 3:00-4:30 PM Dates: 9/15-12/8 Foust 135 & Virtual Leader: Atefeh Jenrow (jenro1ae@cmich.edu)</p>		<p>Pause for Paws— Therapy Dogs 3:00-4:45 PM Dates: 9/9-12/9 *2nd & 4th Friday Location: Foust Lawn or UC Terrace</p>

Descriptions

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)

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. **Leader:** Julie Fortino Shurtliff (fort1ja@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 Reynolds (alma1aj@cmich.edu)

Pause for Paws—Drop in for any period of time

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—Drop in for any period of time

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.

Counseling Center - (989) 774-3381