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