

# Virtual Student Support - Fall 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Survivor Support</b> 10:30 AM – 12:00 PM Dates: 8/20-11/12 Leaders: Megan Varner (scudd1ma@cmich.edu) & Ashley Watters (watte1am@cmich.edu)	
<b>Survivor Support</b> 1:00-2:30 PM Dates: 8/17-11/16 Leaders: Megan Varner (scudd1ma@cmich.edu) & Ashley Watters (watte1am@cmich.edu)				
	<b>Understand &amp; Reduce Your Anxiety</b> 2:00-3:00 PM Dates: 9/1-11/17 Leaders: Amy Campbell (kisel1aa@cmich.edu) & Margerae Jackson	<b>Life Unmasked</b> 2:00-3:30 PM Dates: 9/2-11/18 Leaders: Amy Campbell (kisel1aa@cmich.edu) & Atefeh Jenrow (jenro1ae@cmich.edu)		<b>Family Matters</b> 2:00-3:15 PM Dates: 9/4—11/13 Leader: Kristie Miner (birch1kl@cmich.edu)
		<b>Grief &amp; Loss Support</b> 4:00-5:00 PM Dates: 9/2—11/18 Leader: Michelle Bigard (bigar1mf@cmich.edu)		<b>Open Door Art</b> 3:30-4:45 PM Dates: 9/4—11/13 Foust 134 Leader: Kristie Miner (birch1kl@cmich.edu) *Offered in-person; limited capacity

Counseling Center - (989) 774-3381

To join us in a virtual group, email the leader of the group you are interested in.

### **Survivor Support**

Survivors of sexual assault and/or intimate partner violence come together to feel supported, validated, and empowered in a safe environment. Meets weekly.

Leaders: Megan Varner (scudd1ma@cmich.edu) & Ashley Watters (watte1am@cmich.edu)

### **Understand & Reduce Your Anxiety**

This group helps you identify sources of your anxiety, how your brain and body experience anxiety and strategies you can use to decrease and manage stressors and reduce anxiety symptoms. Meets weekly with new skills and topics.

Leaders: Amy Campbell (kisel1aa@cmich.edu) & Margerae Jackson

### **Life Unmasked: Be Your Authentic Self**

Provides students with a unique opportunity to receive multiple perspectives, support, encouragement, and feedback from others in a safe and confidential environment. A variety of topics will be covered including, but not limited to: emotional health, interpersonal relationships, and self-esteem. Through this process students can deepen their level of self awareness. Meets weekly.

Leaders: Amy Campbell (kisel1aa@cmich.edu) & Atefeh Jenrow (jenro1ae@cmich.edu)

### **Grief and Loss Support**

You do not have to be alone in your grief. Offered for those who have suffered the death of a loved one. Meets weekly.

Leader: Michelle Bigard (bigar1mf@cmich.edu)

### **Family Matters**

Family life can be challenging. In a supportive circle of peers, learn how family life impacts how you see yourself, your current relationships, and how you communicate with others. Together we will foster healthy self-esteem and relationships. Meets weekly.

Leader: Kristie Miner (birch1kl@cmich.edu)

### **Open Door Art**

The art room is open. Come create on your own, or follow a guided project. You are welcome to drop in for any period of time.

Leader: Kristie Miner (birch1kl@cmich.edu)

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