

EWC Support Groups and Workshops Fall 2006/Spring 2007

Dissertation Support Group for Women

Writing your dissertation? This group will focus on providing encouragement and support for women who are in the dissertation writing phase. Join us in a safe and supportive space where you can feel connected, validated and understood. At the same time, participation in the group will lessen feelings of isolation that are common when in this stage of earning a doctoral degree. Group will be facilitated by Albertina Navarro-Rios, Ed.D. Co-sponsored by UMass Graduate Women's Network.

Date(s): Begins January 2007. Runs for 8 weeks on Thursdays 5:00-6:30.

Location: Wilder Hall, UMass

Additional Information: Registration and pre-group meeting required. Call Albertina Navarro-Rios, Ed.D., Group Facilitator, 413-577-4229.

Mindfulness and Mood: Empowerment Skills for Women

Ruled by Your Emotions? Join us in a safe and supportive space! Gain skills that will help you to reduce anxiety, improve mood and relationships, relax your body and quiet your mind, and gain greater emotional balance throughout your life. Free of charge and open to women from the Five Colleges and surrounding community.

Date(s): Begins February, 2007. Runs for 5 weeks on Thursdays 5:45-7:15.

Location: Wilder Hall, UMass.

Additional Information: Registration and pre-group meeting required. Please call EWC Counseling Services, 577-0077.

Express Yourself

An arts-based support group for women who have experienced sexual violence. The group will provide a safe and creative healing environment for survivors to experiment with self-expression through art, as well as to learn new coping skills. Each session will utilize art activities to explore topics including relationships, self-esteem, emotions, and self-empowerment. This group is open to all women. A pre-screening meeting with the co-facilitators is required. The group is co-facilitated by Jen Dewitt, Counselor Advocate and Jillian Hynek, MSW Intern.

Dates(s): Mondays nights from 5:00-6:30 pm, beginning on February 19, 2007 till April 30, 2007.

Location: Wilder Hall at the University of MA

Additional Information: For more information, and to set up an initial screening, please contact (413) 545-0800. Co-sponsored by the EWC Counselor Advocate Program and Counseling Services. Visit the website for additional information: www.umass.edu/ewc

Rape Survivors Support Group

The Counselor Advocate Program at the Everywoman's Center is sponsoring a closed 10-week support group for adult survivors of rape and sexual assault. The group will focus on common issues facing survivors including isolation, blame, grief, trust, anger, and intimacy. The group will co-facilitated by Heather Ruddeforth, LCSW and Jen Dewitt, Counselor Advocate. The group is free, confidential, and open to all community and 5-College women. A screening meeting with the co-facilitators is required prior to participating in the group.

Date(s): Monday evenings from 7:30-9:30 pm, beginning February 19, 2007 till April 23, 2007.

Location: Wilder Hall, UMASS Amherst.

Additional Information: For more information, and to sign up for a screening, please call the Counselor/Advocate Program at 545-0800, during the day, M-F. Visit the EWC website for additional information: www.umass.edu/ewc

The Healing Journey

A drop-in discussion group for women who have experienced violence. Reoccurring discussion topics include: trust, healthy relationships, the impact of trauma, and coping skills. This group is open to all women. The group is co-facilitated by Jen Dewitt, Counselor Advocate and Jillian Hynek, MSW Intern.

Date(s): Tuesday evenings beginning February 13, 2007 until May 1, 2007, from 6-7:30.

Location: First Congregational Church, 165 Main Street, Amherst in the Hawley Room # 14.

Additional Information: For more information contact (413) 545-0800 or visit the EWC website: www.umass.edu/ewc Co-sponsored by the EWC Counseling Services and the Counselor Advocate Program.

Do You Walk Alone? Woman Living with Bipolar

This 10-week support group is offered for women who experience common issues and concerns related to their diagnosis of bipolar. Free of charge and open to women from the five colleges and surrounding community. Sponsored by the Everywoman's Center Counseling Services Program.

Date(s): Fall 2006. specific dates/times TBA

Location: UMass campus. Exact location to be determined

Additional Information: Please call EWC Counseling Services, 577-0077, for start date and for more information