

UNIVERSITY HEALTH SERVICES

Center for Counseling & Psychological Health

GROUPS AND WORKSHOPS • SPRING, 2012 • www.umass.edu/uhs

HILLS NORTH: CALL (413) 545-2337

POSITIVELY ADHD

Mondays, 4 – 5:30 p.m.

Open to new members throughout the semester.

A support group for students diagnosed with ADHD and those who think they may be affected. Learn about symptoms and treatment, discover campus resources and develop strategies for success.

WOMEN'S THERAPY GROUP

Graduate students

Tuesdays, 4:30 – 6 p.m.

Focus on increasing self-awareness, self-esteem and connection, in the context of being a woman in academia.

WOMEN'S THERAPY GROUP

Undergraduate students

Tuesdays, 6:30 – 8 p.m.

An experiential group focusing on self-acceptance, relationships, family issues, anxiety and managing academic demands.

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Seven sessions, plus a half-day Saturday retreat: Wednesdays, 5 – 6:30 p.m. beginning Feb. 22.

Mindfulness is a way of paying attention with intention, in the moment and without judgment. MBSR has the potential to lower anxiety and depression, promote relaxation, improve concentration, raise self-awareness and enhance the immune system.

BIPOLAR SUPPORT GROUP

Thursday afternoons

Open to new members throughout the semester.

A support group for students with bipolar disorder. Share experiences, learn coping skills for succeeding at UMass Amherst and support one another.

MAKING CONNECTIONS

Thursdays, 3:30 – 5 p.m.

A supportive, safe environment for undergraduates to explore self-esteem, relationships, anxiety and school adjustment.

BUT YOU LOOK SO GOOD:

A group for students with Lyme disease, chronic fatigue or fibromyalgia

Thursdays, 4 – 5 p.m.

Open to new members throughout the semester.

Daily fatigue, pain or concentration problems can make college even more challenging. Share experiences and explore self-care, social and academic coping strategies.

BERKSHIRE HOUSE: CALL (413) 545-0333

EATING DISORDER RECOVERY GROUP

Wednesdays 3 – 4:30 p.m.

A supportive environment for students recovering from an eating disorder to explore body image, self-esteem, assertiveness and self-acceptance.

LIVING WITH LOSS

Wednesdays, 5 – 6:15 p.m.

An ongoing group for students dealing with the loss of someone close. Explore experiences of loss and grief, and learn ways to cope.

COPING WITH PARENTAL DIVORCE

Wednesdays, 5:15 – 6:30 p.m.

For students whose parents are in the process of divorcing or have recently divorced. Share the impact of family experiences, and receive group support and feedback.

MEN, TALKING

Thursdays 4 – 5:30 p.m.

Open to new members throughout the semester.

Build community, support each other and discuss issues including romantic relationships, friendships, academic stress and masculine identity in this ongoing men's group.

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS; call weekdays, 8 a.m. – 5 p.m.

GROUPS BEGIN IN FEBRUARY and are open to undergraduate and graduate students unless otherwise noted.

SESSIONS ARE HELD in either Berkshire House or Hills North as indicated.