

USF COUNSELING CENTER GROUPS & MORE – SUMMER 2021

INTERESTED IN JOINING AN ONGOING ONLINE GROUP?

Online Groups are a highly effective way to address mental health and other personal concerns. Talk to a clinician and ask about our group counseling program to get connected and learn more. A pre-group appointment with the facilitator(s) is needed before attending an online group. Call us at 813-974-2831 or talk to your counselor to get started.

UNDERSTANDING SELF AND OTHERS (USO)

Want to learn more about yourself, how to interact with others, and try new ways of relating? This group provides the opportunity for diverse group members to meet their goals by providing and receiving honest feedback. Topics vary from week to week depending on group members' needs.

- **Monday**, 3-4:30pm, with Amber Wakeman, M.A., LMHC, MCAP & Graham Morris, Ph.D.
- **Wednesday**, 1:30-3pm, Graduate Students only, with Graham Morris, Ph.D., & Shelby Smith, M.S.
- **Thursday**, 3-4:30pm, with Lashley Marks, Psy.D. & Courtney Coggan, M.S., LMHC

LGBTQ+ GROUP

A group for students who identify as lesbian, gay, bisexual, transgender, non-binary, queer, questioning or with related identities. Members offer support to each other, provide feedback, explore intimacy and self-esteem issues, develop insight, and increase self-confidence. Topics are based on current group member concerns, with common issues related to self-identification, transition, coming out, dating, family, and religion.

- **Wednesday**, 3-4:30pm, with Dani Rosenkrantz, Ph.D. & Todd Ryser-Oatman, M.S.

OUR VOICES

Black, Indigenous, and/or People of Color (BIPOC) students at predominately white institutions often experience unique challenges that require unique support. This support space aims to offer a sense of community, support, validation, empowerment, and resources for BIPOC experiencing challenges in their academic, professional, and personal endeavors. Topics discussed in the space include, but are not limited to: issues related to race/culture/ethnicity, identity development, family, social relationships, power, oppression (e.g., racism, sexism, heterosexism, and other -isms), mental health (e.g., anxiety, depression, adjustment challenges, trauma etc.), and related resources.

- **Friday**, 1:30-3pm, with Diane Williams, M.S.W., LCSW & Janet Said, M.S., LMFT



WANT MORE FLEXIBILITY AND LESS COMMITMENT?

CHAT & CONNECT

Come join us to Chat & Connect about specific topics, experiences, and identities. These spaces are designed to offer support and resources that are specific to your lived experiences, without the need for semester-long commitment. They are psychoeducational and supportive in nature, though do not provide mental health treatment. You will not need to pre-register or RSVP for these, but you will be required to use your USF email account to join the Teams meeting. As a result, your name will be visible to other participants. Call us at 813-974-2831 or visit www.usf.edu/counsel if you have any questions or for meeting links.

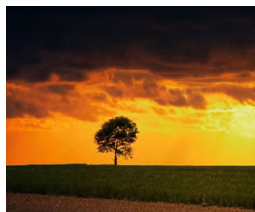


ENTRE FAMILIA (AMONG FAMILY)

No hay mal que por bien no venga. With the bad, there can come some good. This space provides a unique affirming space for LatinX students. Members will gain and provide support to one another while sharing parts of their stories, struggles, and accomplishments as they work towards graduation. Students will have a chance to connect to peers on the following experiences: self-identity, cultural values, academics/career concerns, family conflict, forming and maintaining relationships, etc.

- **Tuesday**, 3-4pm, with Madeline Colón, M.S.W., LCSW

Join us at: bit.ly/Tue3pmFamilia



EMPOWERMENT

A support space designed as a healing, empowering, and safe place for students who have experienced interpersonal trauma as an adult or as a child (e.g., emotional, physical or sexual abuse; unwanted sexual experiences or sexual assault; abusive relationships; bullying, etc.). Students will find support as they practice increasing self-compassion, setting boundaries, and understanding how their experiences have impacted their relationships, emotions, thinking, and everyday functioning.

- **Wednesday**, 1-2pm, with Mona Stribling, Psy.D. & Jenny Dutil, MS.Ed., NCC

Join us at: bit.ly/Wed1pmEmpower



BUILDING STRENGTH IN REMEMBRANCE

Are you grieving the death of a loved one or anticipating the loss of someone terminally ill? Have you experienced loss in other ways such as loss of relationship, divorce, loss to addiction, etc.? This support space will assist students in coping with the bereavement experience, creating comfortable ways to discuss their feelings and making new ways to honor their relationships.

- **Friday**, 3-4pm, with Jacob Schlierf, Psy.D. & Marisa Mango, M.A.

Join us at: bit.ly/Fri3pmStrength



COUNSELING CENTER
813-974-2831 · usf.edu/counsel
SVC2124



UNIVERSITY of
SOUTH FLORIDA
Student Success

SKILL-BASED WORKSHOPS

Online Drop-in Workshops are flexible and accessible ways to learn coping skills and share experiences with peers, without the need for semester-long commitment. They are psychoeducational and supportive in nature, though do not provide mental health treatment. You will not need to pre-register or RSVP for Workshops, but you will be required to use your USF email account to join the Teams meeting. As a result, your name will be visible to other participants.

Call us at 813-974-2831 or visit www.usf.edu/counsel if you have any questions or for meeting links.

MINDFULNESS MEDITATION

A workshop that focuses on practicing multiple skills to reduce anxiety and focus on staying grounded. This series will allow participants to practice the following skills: Mindful Breathing, Progressive Muscle Relaxation, Body Scans, and 5-Senses grounding techniques.

- **Thursday**, 1-2pm, with Meara Thombre, Ph.D.
Join us at: bit.ly/Thu1pmMeditate



MOVE FORWARD SERIES

Do you have difficulty managing the stress, anxiety, depression, or interpersonal relationships in your life? This dynamic, rotating, 3-week seminar is a crash course in teaching resilience skills to make the most out of your time at USF and in counseling. These skills will help you be more present with your experiences, learn how to let go of unnecessary thoughts and feelings, clarify your values, and take action to move towards a valued and better life.

Join all three sessions to build upon the skills learned or drop-in as needed!

- **Monday**, 1-2pm, with Luke Zabel, M.A., LMHC

Session 1 – Mindfulness

May 17th | Jun 14th | Jul 12th | Aug 2nd

Session 2 – Openness

May 24th | Jun 21st | Jul 19th | N/A

Session 3 – Values & Engagement

Jun 7th | Jun 28th | Jul 26th | N/A

Join us at: bit.ly/Mon1pmMOVE

For reasonable accommodations please contact Josephine Chu at 813-974-2831

