

USF COUNSELING CENTER FALL 2023 GROUPS & MORE

ONGOING THERAPY GROUPS

Therapy groups are highly effective for addressing 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 a therapy group. Call us at 813-974-2831 or talk to your counselor to get started.**

UNDERSTANDING SELF AND OTHERS

Want to learn more about yourself and discover new ways to relate to or interact with others? 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** 3:00-4:30pm (Graduate student focus), **online on TAO**
- **Thursday** 3:00-4:30pm, SVC 2124
- **Friday** 1:30-3:00pm, SVC 2124

LGBTQ+ GROUP

This group provides support for lesbian, gay, bisexual, transgender, non-binary, queer, or questioning (LGBTQ+) students. 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, intersectionality, transition, coming out, dating, family, and religion.

- **Tuesday** 1:30-3:00pm, SVC 2124

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.

- **Wednesday** 1:30-3:00pm, SVC 2124



DROP-IN WORKSHOPS



MAGIC OF THE MIDDLE PATH

This workshop series focuses on ways to cope and regulate stress and emotions, live in the present moment, and improve our relationships. Discover the magic of the middle path.

Join any or all sessions of interest to you!

- **Monday** 11am-12pm, **online at bit.ly/3pZK72G**

Session 1	Mindfulness	Aug. 21	Sept. 25	Oct. 23	Nov. 20
Session 2	Emotional Regulation	Aug. 28	Oct. 2	Oct. 30	Nov. 27
Session 3	Distress Tolerance	Sept. 11	Oct. 9	Nov. 6	
Session 4	Interpersonal Effectiveness	Sept. 18	Oct. 16	Nov. 13	

BRIEF PEER-LED GROUP

Are you a college student experiencing test anxiety, social anxiety, depression or other mental health challenges and worry if you should keep it a secret? USF Stigma Action Research (STAR) Lab, in partnership with the Counseling Center, is conducting a study on an interactive peer-led group program, consisting of three 2-hour **online** sessions that guide participants through the process of making disclosure choices.

In this study, you will:

- Create a disclosure story
- Learn about the disclosure decision process
- Receive support from peers also facing mental health challenges

For more information or to join, contact us!



For reasonable accommodations, please contact Lashley Marks at 813-974-2831



COUNSELING CENTER
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SVC2124



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