

Groups!!

Starting the week of September 10th

Call 310-506-4210 or email student.counseling.center@pepperdine.edu to sign up!

Thrive!

Tuesdays at 5, Wednesdays at 11, Thursdays at 3

This is a one-time, 1 hour group that will help you understand key aspects of what it takes to grow and thrive in the midst of challenging circumstances. The group will explore why we get stuck in negative cycles and the importance of developing healthy habits to create lasting change.

Expressive Arts

Thursdays 5-6:30 pm

Do you find it that it helps to relieve stress when you draw, paint, or create? The Expressive Arts Group provides a creative outlet for students to create, as well as a time for group processing and support. No prior artistic background or skill is needed. The group is not about the artistic value of the end product, but the process of expressing through visual art, and discovering more about oneself through the process. Art materials will be provided. You can drop-in to attend the group any week!

Real Men, Real Talk

Tuesdays at 3 pm

Real Men, Real Talk is a group of men supporting one another as we discuss and wrestle with some of the challenges and pitfalls of emerging manhood. It is a place where you will discuss how to deal with stress, anger, addictive behaviors and relationship challenges. This group will provide a space for authentic and non-judgmental discussion as well as finding methods to learn healthier patterns of living.

Women's Group

Tuesdays at 4 pm

Women provide empathy, support, and feedback as they share their concerns and help one another to grow. In this group topics vary but frequently include relationship concerns, family issues, stress, and the need for self-care.

Mindfulness Group

Wednesdays at 5 pm

In the last ten years, significant research has shown that mindfulness can help to manage stress, regulate mood, improve concentration, increase empathy, and enhance mental and physical health. This group will cover the basics of mindfulness, assist you in developing your own mindfulness meditation practice, and show you how mindfulness can be applied in daily life.

Did You Know?

- *Group counseling was established over 100 years ago.
- *Group counseling is an effective, and sometimes a preferred, treatment option for many issues students are facing.
- *Interpersonal success in group can lead to increased interpersonal success outside of group.

How Can You Benefit From Group Counseling?

- *Get support from professional therapists and your peers
- *Learn new coping skills
- *Gain different perspectives/ideas to increase self-awareness and relationship awareness
- *Improved sense of hope
- *Enhance your ability to give and receive feedback in a supportive setting

What to Expect From Group

Guidance. Group leaders will guide and facilitate group members' interactions

Confidentiality. All group members will sign a confidentiality agreement prior to joining the group and group sessions will begin with a reminder of the importance of confidentiality

Some anxiety. This is common and will diminish with regular attendance and participation

Intimacy. Groups are small in size to enhance comfort level and participation

PLEASE JOIN US IN GROUP TO:

GAIN SUPPORT

RECEIVE GUIDANCE

LEARN NEW SKILLS