

# ***Support and Workshop-Style Groups***

## **Growth & Resilience**

**Mondays at 3pm, Tuesdays at 9am, Wednesdays at 11am, Thursdays at 2pm or Fridays at 11am**

*At times we feel like we are barely holding on...doing our best just to survive. But what if we could learn to thrive in the midst of life's transitions and challenges? The **Growth and Resilience Group** is a two-week workshop that will focus on building a healthy foundation to stand strong and ready for whatever life throws at you. We will explore various physical, mental, emotional, social, personal, and spiritual practices that will help you move toward deeper experiences of joy, confidence, and fulfillment in your life.*

## **Real Men Real Talk**

**Tuesdays at 3pm, Jeff Williams**

***Real Men, Real Talk** is a group of men supporting one another as we 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 safe space for authentic and non-judgmental discussion as well as finding methods to learn healthier patterns of living.*

## **Eating Disorders Group**

**Shelle Welty**

*Recovery is tough. It's good to have support during the process. This group provides peer support for those working toward or sustaining recovery from an eating disorder. If interested, please contact Shelle Welty for a brief meeting prior to group attendance.*

## **Mindfulness**

**Wednesdays at 4pm, Shelle Welty**

*Learn how to reduce your stress, regulate your mood, improve your concentration, and enhance your mental and physical health with this intensive 8-week group that will train you in mindful awareness. Group sessions will include practice and education in developing a regular meditation practice.*

## **GLBTQ**

**Tuesdays at 4pm, Connie Horton**

*This is a confidential safe place for students who identify as gay, lesbian, bi-sexual, transgender or are questioning their sexual orientation or identity to share their experiences and receive support.*

## **Women's Group**

**Thursday at 3pm, Jane Tsang**

*Women provide empathy, support, and feedback as they share their concerns. Topics vary but frequently include relationship concerns, family issues, stress, and the need for self-care.*

## **Finding Freedom**

**Thursday at 6pm, Shelle Welty**

*Ever feel trapped by the patterns you repeat in your life? This group will give you practical strategies for improving the way you manage your emotions, react to your thoughts, and deal with the relationships in your life. Find freedom through greater control of your body and mind.*

## **Recovery from Alcohol and Drug Addiction**

**Begins spring semester 2017**

*If interested, please leave your contact information with the front desk administrator.*

*The Counseling Center offers a variety of small groups to help students learn and grow. Groups typically range in size from about 4-8 members and meet at a regular time. All groups meet in the Counseling Center TCC-270. If you have questions call 310-506-4210 or email [student.counseling.center@pepperdine.edu](mailto:student.counseling.center@pepperdine.edu) to sign up!*