

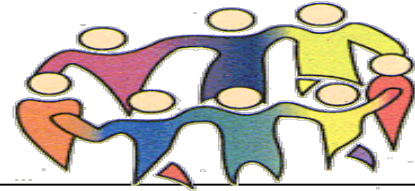
# Group Sessions with the Counseling Center

## Don't Go It Alone, Try a Group!

The Counseling Center offers a variety of small groups to help student learn and grow. Groups typically range in size from about 4-8 members and meet weekly at a regular time. Below you will find descriptions and times of groups offered this Fall. All groups meet in the Counseling Center, TCC-270! Questions? Please call 310-506-4210 or email [student.counseling.center@pepperdine.edu](mailto:student.counseling.center@pepperdine.edu)

### **Women's Group: Wednesdays 9 – 10 AM**

Women provide empathy, support and feedback to each other as they share whatever is troubling them. Topics vary but frequently include relationship concerns, stress, anxiety, family issues and the need for self-care.



### **Comfort in the Chaos:**

#### **Thursdays 10 – 11 AM**

Do you have a close family member or partner who is coping with severe mental illness, substance abuse problem, or other major life issue that's affecting your life? This group is designed to provide support to students regularly impacted by the unique challenges of coping with family-related issues. Learn how to effectively manage stress, set healthy boundaries, communicate with others and problem solve in the context of these relationships.

### **SMART Recovery: Fridays 2 – 3 PM**

This CONFIDENTIAL and free group will help students recover from all types of addiction and addictive behaviors, including: alcohol abuse, marijuana abuse, prescription drug abuse, sexual addiction, and problem addictions to other substances and activities. The SMART Recovery, which stands for Self Management for Addiction Recovery, focuses on helping participants:

- 1) Building and Maintaining Motivation, 2) Coping with Urges, 3) Managing Thoughts, Feelings and Behaviors, 4) Live a Balanced Life

### **Confident, Comfortable, and Connected: Thursdays 12 – 1 PM**

This group will focus on ways to manage your moods so that you feel more at peace in life and confident in connecting with others. Members will learn to monitor their moods, incorporate daily strategies to feel better every day, and navigate emotional responses in relationships.

### **Men's Wellness Group: Tuesdays 4 - 5 PM**

Looking for a place to connect and meet with other men dealing with stress, anger, addictive behaviors, and relationship challenges? This group deals specifically with the struggles that face many young men and provide them opportunities to learn healthier patterns of living.

### **Stress and Anxiety Management (SAM):**

#### **Wednesdays 11 AM – 12 PM or Fridays 10 – 11 AM**

Feeling stressed? Anxious? Overwhelmed? Welcome to the club! These are common experiences among motivated, sensitive, creative Pepperdine students! This workshop-style group will help students learn strategies to cope well and successfully manage those feelings.

### **Group for Academic Success (GAS):**

#### **Mondays 2 – 3 PM**

Pepperdine admits students who are believed to be able to meet the high academic standards; however, sometimes there are obstacles to success. This workshop-style group will help students manage challenges like procrastination, disorganization, perfectionism, and anxiety. Academic and time management strategies will be taught to help with academic success.

### **Living Mindfully: Wednesdays 4 – 5 PM**

Learn to more fully experience each moment of your life! Besides helping you to be more present, mindfulness is a powerful pathway towards enhanced physical, psychological, and spiritual well-being. In this group you will learn and practice the basics of mindfulness and practice a variety of ways of being in the present moment.

**LGBT Group:** Time to Be Determined. *Contact Counseling Center for more information.* The group is a confidential, safe place for students who identify as gay, lesbian, bisexual, or transgendered and students who are questioning and struggling with their sexual orientation and identity to share their experience and receive support.