

The Center for Family & Community Well-Being is partnering with the UofL Counseling Center and other departments/divisions at the university to address student mental health needs through evidence-based educational groups. These groups include:



CHOICES

The program engages students in self-reflection and discussion about facts, risks and norms associated with alcohol while equipping them with the information, strategies and skills to make wise decisions.

Mind Matters

Curriculum focuses on overcoming adversity and building resiliency skills for those with adverse experiences from the past or present. Helps participants take charge of emotions and address physical, relational, and mental health needs.

Mind Over Mood

This curriculum is targeted for those suffering from mild symptoms of anxiety and depression. Individuals will learn key coping techniques to address symptoms

Love Notes

Individual curriculum on healthy relationships that teaches elements of healthy relationships, relationship risk factors, sex and decision-making, communication and conflict resolutions skills

Love Notes LGBTQ+

Covers the Love Notes curriculum for the LGBTQ population, with additional topics such as stress, support, and resiliency

PREP

Couples curriculum that improves communication and conflict resolution skills, enhances intimacy and expectations, and promotes overall relationship success

Program Logistics

- **Facilitators and Materials Provided**
- **Space & Technology Access Necessary**
(Assistance in locating these needs provided)
 - **6 hours total** (reduced timing available when needed)
- **Morning, Day or Night**
- **Format Options:**
 - 2 Sessions, 3 hours each
 - 3 Sessions, 2 hours each
 - 6 Sessions, 1 hour each



Questions or Concerns?
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