

**University of Louisville Counseling Center
Group Offerings – Fall 2020**

*All groups will be held online, via MS Teams, unless otherwise noted
Please contact the group facilitator(s) listed for more information, or to sign up.
502-852-6585;louisville.edu/counseling*

Stress Group (Anxiety Management)

Wednesdays 3-4pm

Begins 9/9/20

This group is designed to help you develop effective Anxiety Management Skills in a small group setting. You can join this group at any time during the semester.

Facilitator: Susan Schroeder, LPA (susan.schroeder@louisville.edu)

How Much is Too Much (for You)

Wednesdays 1:30-2:30pm

Begins 9/9/20

Do you feel or have you ever been told that you indulge a little too much in a particular substance or activity? This group is designed to provide a supportive and judgement free environment for you to learn more about addictive behaviors. We will work to help you learn to explore your own behaviors and ways to identify how much is too much for you. Come share and learn healthy ways to cope with addictive behaviors. You can join this group at any time during the semester.

Facilitator: Moriah LeCorgan, LPCC (moriah.corey@louisville.edu)

Getting Through the Blues

Fridays 1-2 pm

Begins 9/18/20

Do you have feelings of sadness or hopelessness Difficulty concentrating? Lack of interest/motivation in activities you used to enjoy? College students are increasingly struggling with depression. You don't have to go through it alone. Join this group to learn how to manage symptoms of depression, develop positive coping skills, and find support in a judgment-free environment.

Facilitator: Dr. Sarah Kolb (skrams02@louisville.edu)

Graduate Student Support Group

Every other Thursday, 3:30-4:30pm

Begins 9/10/20; final group 11/19/20

Join us and meet graduate students from a variety of disciplines with whom you can share your struggles and successes in both graduate school and life. The goal of this group is to provide a comfortable space to receive and offer support as you navigate through your graduate school journey. We may also, at times, incorporate podcasts or short articles to facilitate conversation. This group is led by two licensed therapists and we will meet through Microsoft Teams. Group dates will be 9/10, 9/24, 10/8, 10/22, 11/5, 11/19

**Facilitators: Gabrielle Billings, LCSW (gabrielle.billings@louisville.edu) and
Michelle Pinckney Johnson, LPCC-S, LMFT (michelle.pinckney@louisville.edu)**

OVER FOR MORE



#BeWellUofL

Living with Loss

Tuesdays 1:30-2:30

Begins 9/8/20

This online group is open to students who have experienced a death loss and focuses on topics related to emotional well-being, adjustment to the new normal, and growth through the loss. Members will have the opportunity to process their loss in a non-judgmental space and move through it at their own pace. Participants will be able to offer and receive support from peers who are going through similar circumstances.

Facilitator: Dr. Meghana Suchak (meghana.suchak@louisville.edu)

Prisms

Thursdays 1:30-2:30pm

Begins 9/10/20

This online group is open to students who identify within the queer community and focuses on topics related to emotional wellbeing. This group allows members an opportunity to experience growth and change and develop skills to cope with problems in a safe and supportive environment. A group therapy setting provides a unique chance for students to not only receive feedback from a licensed therapist but to also offer support and get support from peers dealing with similar issues.

Facilitator: meghana.suchak@louisville.edu

Woosah!

Tuesdays 2-3:30pm

Begins 9/8/20, ends 11/24/20

This virtual drop-in support group is designed to provide a safe and affirming space for Students of Color who would like to come together to share their stories, struggles, and successes as they work to accomplish their academic goals at UofL. Students may discuss experiences related to their identity, cultural values, academics/career, family, and relationships, among other topics. Participants will be able to connect with one another for mutual support and a sense of community.

Facilitator: Dr. Aesha L. Uqdah (aesha.uqdah@louisville.edu)

International Student Support Group

Fridays 12-1pm

Begins 9/4/20

The International Student Group is open to all international students including those students who identify as first or second generation immigrants. Members of the group will be able to gain insight into common issues faced by international students, learn better coping skills and also learn about the process of acculturation (including maintaining your cultural identity while adapting) to the USA.

Facilitator: Dr. Geeta Gulati (Geetanjali.gulati@louisville.edu)

Art of Building Resiliency

Fridays 102:30pm

Begins 9/18/20

This is an online group for students interested in strengthening their ability to adapt and bounce back from life's evolving terrain. We will work on exploring and cultivating resiliency using mindfulness and expressive based therapies. No previous skills required just bring something to journal with. Art materials aren't necessary, but encouraged!

Facilitator: Gabbi Ebeling-Rodriguez, LPCC, ATR, CYT-200 (gabrielle.ebelingrodriguez@louisville.edu)



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