



Groups & Workshops Schedule

The Counseling Center offers a variety of different groups and workshops that are meant to improve the emotional well-being of our students.



These services are free, but you must be registered to join.

GROUPS
WORKSHOPS

<u>Understanding Self and Others (USO)</u>
This is a general therapy process group that encourages personal growth through interpersonal communication. Members benefit through exploring their relationships and communication styles, and through providing and receiving feedback. Wednesdays from 10:00 - 11:30 a.m.
<u>Grad Student Support</u>
This group is for graduate students to connect and find support for common graduate school concerns—such as advisor relationships, work-life balance, stress and job/career exploration. Wednesdays from 1:00 - 2:30 p.m.
<u>Inter - United</u>
This group is a place for all international students to find common ground and support as they navigate through their time at MSU-Mankato. Some areas covered are homesickness, socializing, microaggressions, and general anxieties. Thursdays from 10:00 - 11:30 a.m.
<u>Women & Relationships</u>
This a feminist-oriented group for any student who identifies as a woman. This group encourages empowerment and connection through a combination of support and interpersonal process. Fridays from 2:00 - 3:30 p.m.
<u>Feel Better Fast</u>
This 3-session workshop focuses on building skills to help students manage stress more effectively. Students will learn about stress and stress management techniques including time management, mindfulness exercises, emotional awareness, and wellness strategies. This is offered individually.
<u>Anxiety Toolbox</u>
This 3-session workshop is specifically designed to help students who struggle with a variety of anxiety-related concerns (e.g., panic attacks, generalized anxiety, test anxiety). The goal is to provide psychoeducation on anxiety and to teach effective coping strategies for managing anxiety symptoms. This is offered individually.
<u>Getting Unstuck</u>
This 3-session workshop is specifically designed to help students who struggle with a variety of depression-related concerns. The goal is to provide psychoeducation on depression and to teach effective coping strategies for managing symptoms. This is offered individually.