If you are a Wellesley student and are interested in a group that *requires registration, please call the Counseling Service at 781-283-2839. An individual 30 minute check-in meeting with a group facilitator will be scheduled for you.

Eating in the Light of the Moon
For students interested in talking about eating & body image issues. Utilizing the book by Anita Johnston, Ph.D., members will discuss their relationships and struggles with food and their bodies, and how they may be able to transform these relationships into something more healthy and empowering.

*Registration required X2839
Led by Wendy Huang & Rachel Gibbon
Dates and Time TBD

Complex Minds
For students carrying a mental health, diagnosis, including anxiety, depression, OCD, bipolar disorder, panic disorder, and others. This group will focus on creating a peer support network, undoing stigmas, recognizing symptoms, managing self-care, finding strength through group connection, and celebrating your unique resources, creativity, intelligence and expression.

Facilitated by Jeffrey Reining
Friday’s, beginning February 5th, 1:00-2:00 pm
Stone Center Solarium
Please RSVP: jreining

Grief Group
For students who are coping with the loss of a loved one. Members will have an opportunity to share about their current lives and speak about the impact of the death of a family member.

*Registration required X2839
Led by Alex Prior & Kristen Bettencourt
Friday’s, 12:30–1:30 pm

Self-Care for Survivors
For students who want to build self-care and share a sense of safety with fellow survivors of sexual trauma.
Please call if you are interested.
*Registration required X2839
Facilitator and time to be determined

Relationships for Success
Relationships are the source of positive and negative feelings in our lives. Join others who want to actively work on improving ways to be in connection, in order to maximize our capacities for a happier more productive life.

Led by Jan Park and Terri Bello
6 Monday’s February 1- March 14 3-4pm (No Meeting February 15th)
Stone Center Conference Room
Please RSVP: jpark23
If you are a Wellesley student and are interested in a group that requires registration, please call the Counseling Service at 781-283-2839. An individual 30 minute check-in meeting with a group facilitator will be scheduled for you.

Bereavement Support
Are you feeling sad due to a loss of a family member or close friend?
Would you like a private, confidential place to be with others who are also grieving? If so, this space is for you.
Led by Robin Cook-Nobles
Monday’s 12:30-1:30 pm
February 1 - May 2
Please RSVP: rcooknob

Coping with Procrastination
Do you put off assignments until the last minute? Never seem to be able to meet deadlines?
Have difficulty managing your time? Feel anxious over academic assignments? If so, this workshop is for you!
Led by Robin Cook-Nobles
Wednesday, March 2nd, 3:30-5:00 pm
Stone Center Conference Room
Please RSVP: rcooknob

Paws for Wellness
The Stone Center Counseling Service is bringing Therapy Dogs back to campus, by popular demand.
Just Drop-In!
February 11 & 25 12:30-1:30 PM
March 10 12:30-1:30 PM
April 14 & 28 12:30-1:30 PM
May 5 12:30 1:30 PM
Pendleton East Knapp Atrium (225A)
Contact: Jane Ward

Finding Connections
Are you returning from study abroad? Coming back from an academic or medical leave? A new transfer student?
If so, this group is for you. Come meet peers who are adjusting to similar challenges.
Weekly topics will be chosen by the group.
Led by Hannah Peters
6 Mondays 12:30-1:30
Starting February 1st
Stone Center Conference Room
Please RSVP: hpeters