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

**First Generation Group**
Join with your peers to discuss challenges and share support around coping with experiences unique to first generation students. Topics will include imposter syndrome, managing stress, and leaving family to come to college. Open to all class years.

Co-facilitated by Hannah Peters & Brianna Wadler

Please RSVP to hpeters

Fridays 12:30-1:30pm in the Stone Center Solarium

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

Co-led by Alex Prior and Michelle De Sedas

Registration required: 781-283-2839

Starts Fri, Sept 29th, 12:30-1:30pm  Stone Center Conference Room

**Finding Connections**
Are you returning from Study Abroad? Coming back from a leave? A new transfer student? This group will provide space for you to explore what this transition entails and build confidence, all while connecting with peers and with yourself. Weekly topics are chosen by the group.

Co-facilitated by Hannah Peters and Dana Rochman

Please RSVP to hpeters

Tuesdays 12:30-1:30 in the Stone Center Solarium

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

Co-led by Angela Guerrero & Anastasiya Blyum

Please RSVP to aguerrer

Tuesdays 2-3:00pm,  Oct. 3 - Dec. 12 in the Stone Center Solarium

**Eating in the Light of the Moon**
For students interested in talking about eating and 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.

Co-led by Anastasiya Blyum & Dianne Kraaijvanger

Registration required: 781-283-2839

Date/Time/Place tbd

**Chronic Illness Group**
Support group for students challenged by a medical illness. Come together with others to find support.

Co-led by Dianne Kraaijvanger & Lisa Keefe

Please RSVP to dkraaijv

Date/Time/Place tbd
If you are a Wellesley student and are interested in a group that “requires registration”, please call the Counseling Service @ 781-283-2839. An individual 30 minute check-in meeting with a group facilitator will be scheduled for you.

**Stone Center Counseling Service**  
**Fall 2017 Groups & Workshops**

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Students with a Disability Support Group** | If you identify with this label then come join this group to help you share with each other how to be successful, practice wellness, and balance school and life stressors. | Facilitated by Jan Park.  
RSVP to jpark23.  
Stone Center Conference Room  
Mondays 12:15 – 1:30 Oct. 16 – Nov. 20 |
| **Paws for Wellness** | The Stone Center Counseling Service is bringing Therapy Dogs back to campus, by popular demand. Just Drop-In! | Oct. 12 & 26, 12:00-1:00; Pendleton East Atrium  
Nov. 9 & 30, 12:00-1:00; Pendleton East Atrium  
Dec. 7, 12:00-1:00; Pendleton East Atrium  
Contact: Jane Ward jward |
| **AWARE** | The Asian Women’s Action for Resilience and Empowerment (AWARE) is a group therapy intervention created specifically to address the mental, sexual, and physical health of Asian American women by Professor Chris Hahm at Boston University. The intervention is comprised of eight weekly 90-minute group sessions. For more information please contact: Wendy Huang whuang2 | Led by Wendy Huang Date/Time/Place tbd |
| **Coping with Procrastination Workshop** | Do you put off assignments until the last minute? Never seem 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 Please RSVP to rcooknob  
Thursday, October 26th, 3:30-5:00  
Stone Center Conference Room |
| **LGBTQIA Face to Face** | Perhaps you connected on facebook? Now we’d like to offer a discussion group to explore whether you might like a space to build community for dealing with identity issues around being or coming out. | Co-led by & Jan Park and Brianna Wadler Please RSVP to jpark23  
Friday October 27th 3-4:30 Stone Center Solarium |
| **Feel Better Fast** | A three-session group designed to help students assess their stress and to make a resilience plan using strategies from cognitive behavioral therapy and positive neuroplasticity. | Contact: Jan Park jpark23  
Winter Break Tuesdays 3-4:30 Stone Center Conference Room |

?? 781-283-2839 (M-F 8:30-4:30)  
www.wellesley.edu/counseling  
Emergencies 781-283-2839 Evenings or Weekends or  
Campus Police 781-283-5555 (24 hrs)

?? 781-283-2434  
disabilityservices@wellesley.edu