**Groups at the Counseling Center – Fall 2025**

*\*All groups will take place in person at the Counseling Center\**

**Navigating Relationships Group**

Are you concerned about your relationships? Social anxiety? Family issues? Asking what you need? Figuring out who you are? These weekly groups will offer a safe, confidential place to discuss these issues with other students. The leaders will facilitate group discussions to help participants better understand themselves and their relationships with others.

* Monday 1:00 PM – 2:30 PM
	+ - Co-Facilitators: Bree Gould, Psy.D. & Sierra Sheriff, M.A.
* Wednesday 2:00 PM – 3:30 PM
	+ - Co-Facilitators: Kelsey Blum, Psy.D. & Allison Palmer, Psy.D.

**Women's Trauma Group**

This group will focus on the shared experience of **women-identified students** who are survivors of past emotional, physical, or sexual traumas that have affected the way they view themselves, their confidence, and their ability to trust others.  In a safe, supportive, and confidential environment, the group leaders will facilitate participants’ awareness of the lasting impact of unresolved feelings of past trauma. Ways to strengthen self-esteem, bolster resilience, modulate the intensity of emotional expression, and manage safe interpersonal boundaries will be discussed.

* + Thursday 2:00 PM – 3:30 PM
		- Co-Facilitators: Judy Bijoux-Leist, Psy.D., LMFT & Steph Sibley, Psy.D.

**Grief Group**

This group is designed to provide a safe and confidential place where students can discuss their experiences related to significant losses in their lives. Co-facilitators will guide sessions and encourage students to support one another while processing emotions associated with grief and loss.

* + Monday 4:00 PM – 5:30 PM
		- Facilitator: Bree Gould, Psy.D.

**Exploring Queer Identities Group**

This group is designed to provide a safe and confidential place where LGBTQ+ students can create connection and offer support to one another. Students will be able to share their experiences navigating coming out to themselves and others, coping with heteronormativity and cisnormativity, processing difficulty family relationships, and celebrating queer identity. This group will be led by a queer therapist.

* + Friday 1:00 PM– 2:30 PM
		- Facilitator: Meg Hoffer-Collins, Psy.D.

**Stress Less- Cope More**

This is a skills-based group designed to help students learn effective ways to manage emotions and counterproductive behaviors. Through experiential activities, discussions, and interactions with one another, students will learn how to manage everyday life struggles, and they will also develop competence in managing stress, emotions, and relationships.

* + Tuesday 2:00 PM – 3:30 PM
		- Facilitator: Kelsey Blum, Psy.D.

**First Year Connections**

Calling new Golden Rams! Are you feeling homesick? Has the adjustment to college been difficult? Are you looking to meet new people? Come check out our drop-in space at CAPS to connect with other students who are also new to WCU! The drop-in space will be available on Mondays from 3-4p on the following dates: 8/25, 9/8, 9/15, 9/22, and 10/6. Regular attendance is not mandatory.

* + Monday 3:00 PM- 4:00 PM
		- Facilitator: Shannon Skahan, LCSW