College students live busy lives and can face different types of stress. To help, the following groups will be offered by counseling services during the spring 2015 semester. Location, dates and times will be determined by student interest, so if you are interested, contact the group therapists listed below as soon as possible, call 508.373.9544, or email counseling@becker.edu.

**Practicing Mindful Relaxation**
Feel anxious about the future or stuck in the past? Need to take time to relax? This group is designed to help you learn to live in the present moment with awareness and self-compassion. Come learn how to relax by exploring a range of activities that will vary weekly, including guided imagery, meditation, expressive arts work, and more.
Please contact Wendy Keen (wendy.keen@becker.edu) for more information. Drop-ins are welcome!

**Women's Group**
This group will explore how women's feelings of self-worth can be related to intimacy within relationships (e.g., trust, developing and maintaining healthy boundaries, expressing and managing emotions) as well as external pressures. Through discussion, information, and experiential activities, we will explore how individuals are affected by the struggle to meet the expectations of others as well as our own. Participants are expected to commit to the full six-week session.
Please contact Wendy Keen (wendy.keen@becker.edu) for more information. Participants are expected to commit to the full six-week session.

**Becoming Comfortable with Yourself**
Those who struggle with a sense of being “not enough,” who find it difficult to say “no” when they need or want to, or put needs of others before their own may find this group helpful. Through discussions and active experiences in a safe and supportive atmosphere, participants will learn that caring for oneself is not the same as being selfish. Participants will develop a more positive and realistic appreciation of themselves.
Please contact Wendy Keen (wendy.keen@becker.edu) for more information. Participants are expected to commit to the full six-week session.

**Family Frustration Group**
It's stressful enough as a student meeting academic and work demands and trying to sustain personal relationships. When your family is also making demands of you, things can seem overwhelming. This group is focused on providing support to members and through discussion, helping participants develop new strategies for coping and communicating with family members.
Please contact Wendy Keen (wendy.keen@becker.edu) for more information. Participants are expected to commit to the full six-week session.

**Female Athlete Group**
This group will focus on the experience of being a woman and an athlete on a college campus, and will work to empower female student-athletes to find and use their voice. Through discussion and information, we will explore some of the advantages (e.g., increased confidence, health) and challenges (e.g., societal gender expectations, male-dominated sport world) of participating in sport and the intersection of the athlete and woman identities.
Please contact Julia Rizzo (julia.rizzo@becker.edu) for more information. Participants are expected to commit to the full six-week session.

**Death, Bereavement, and the Human Experience**

> “When someone you love dies, you don't lose her all at once; you lose her in pieces over a long time – the way the mail stops coming, and when her scent fades from the pillow...”
>  

This group is for students who have experienced the death of a significant person in their lives. The group will be a safe place to talk about and express feelings, share experiences, and begin the process of living with a different identity – one without that significant person by your side.
Please contact Stephanie Stilla-Petrie (stephanie.stilla-petrie@becker.edu) for more information. Participants are expected to commit to the full six-week session.

Groups will begin the week of Monday, February 23. Group meeting days and times will be determined by student interest.