

COUNSELING SERVICES

GROUP THERAPY

Group counseling is a type of psychotherapy that provides the opportunity for small groups of students to share common concerns, explore personal issues, and learn new skills under the guidance of group leaders.

MARCH SUPPORT GROUPS

Group Sessions are held in the MultiComplex Center Studio

Meditation Circle - (March 20, 27 1:00 pm) (limited space of 15) You may bring your personal mat.

Mindfulness Group (Monday Nights 7pm)

Do you struggle with persistent negative mood states, such as depression, unhappiness or emotional distress? In this group you will learn how mindfulness can improve how you feel and help you develop greater self-awareness. This group uses skills from Mindfulness Based Cognitive Therapy, which is a treatment that has shown to be an effective means to prevent and treat depression as well as to enhance emotional well-being. Mindfulness training will be practiced in group and participants will be encouraged to apply and practice their mindfulness skills throughout the week.

Family Matters (Tuesday Nights 7pm)

Family can be both a great source of support, and also a great source of stress. This group offers students a supportive place to talk about concerns related to their family. Some of the topics that might be discussed include: dealing with alcoholism in the family; the role you played in your family; and how your family communicated, resolved conflicts, and expressed emotions. This group focuses on understanding how these issues may impact you now, and supporting each other in dealing with sources of stress associated with our family members.

LGBTQIA + (2nd Tuesday at 7pm)

Mirror, Mirror on the Wall (Wednesday Nights | 7pm) Have you ever wondered what it would be like to accept and enjoy the way you look instead of constantly worrying about and criticizing your appearance? This group is designed to address issues related to body image, self-esteem, and healthy eating. You will get a clearer idea of your own beliefs about these issues and how your beliefs influence your lifestyle and choices.

"In Your Feelings" (Ladies Support Group Wednesdays at 1:00 pm) The above group focuses on processing one's feelings and emotions. Topic's include: self-awareness, emotion regulation, healthy lifestyle, what is a healthy intimate relationship, validation of feelings and experiences while being a woman and a minority.

Managing Moods (Thursday Nights 7pm) If you would like to work on skills to better manage intense difficult emotions, such as anger and depression, this group may be right for you. In this group, you will have an opportunity to develop greater self-awareness and understand the relationship between your thoughts, feelings, and behaviors. You will also learn a variety of skills to identify emotions, tolerate distress, and cope with difficult situations.

For more information, or to speak with a counselor about group counseling being offered, contact Counseling Services by visiting the MultiComplex Center or contacting **Mrs. LaShundra Crittle**, Coordinator of Counseling Services at lcrittle@coahomacc.edu or 662-621-4858.



COAHOMA
COMMUNITY COLLEGE
On a mission...

