

Fall 2021 VIRTUAL GROUPS

SUPPORT GROUPS

Drop-in to our VIRTUAL weekly online support groups!
EMAIL GROUP LEADER 5-10 minutes prior to group start time to receive the virtual group room invite.

Ready and Able: students navigating college life with health or other disability

Mondays 11:30-12:30pm
Email: MICHALLE.RICE@EKU.EDU

Pathfinders: first generation college students support group

Tuesdays 11-12pm
Email: BRETT.SMITH@EKU.EDU

Color Coded: students of color support group

Tuesdays 2-3pm
Email: MELISSA.COZART@EKU.EDU

Beyond Labels: LGBTQ* students support group

Tuesdays 3:30-4:30pm
Email: MELISSA.BARTSCH@EKU.EDU

Support Without Borders: multicultural & international students support group

Wednesdays 3-4pm
Email: ANDRI.YENNARI@EKU.EDU

THERAPY GROUPS

GROUP ORIENTATION REQUIRED
CALL EKUCC at 859-622-1303 for information about scheduling an orientation, and to learn more about group therapy.

Untapped Brilliance: living with ADHD

Mondays 2:30-4pm

Grief Group: Coping with the death of a loved one

Tuesdays 2:30-4pm

Cleaning House: for students who have been affected by the substance abuse of others

Wednesdays 2:30-4pm

Start From Now: addressing body image and disordered eating

Thursdays 9:30-11am

Integrate to Regulate: coping skills for trauma Survivors

Thursdays 2:30-4pm

Understanding Self & Others: creating healthy relationships with self and others

Fridays 2:30-4pm

Leveling Up: D&D interpersonal support through gaming

Fridays 2:30-4:30pm