



EKU COUNSELING CENTER



Fall 2022 GROUPS

SUPPORT GROUPS

Drop-in to our weekly support groups!

Support groups often provide a sense of empowerment, community, and connection. Join us in **Whitlock Bldg Room 567** for these groups!

Students with Health or Other Disabilities Support Group

Mondays 11:30-12:30pm
Whitlock Bldg Room 567

Beyond Labels: LGBTQ* students support group

Mondays 3:30-4:30pm
Whitlock Bldg Room 567

Color Coded: students of color support group

Tuesdays 2-3pm
Whitlock Bldg Room 567

Support Without Borders: multicultural & international students support group

Wednesdays 3-4pm
Whitlock Bldg Room 567

Veterans Support Group

Fridays 1-2pm
Whitlock Bldg Room 567

For more information about Counseling Center groups, contact Michalle Rice at michalle.rice@eku.edu, or call 859.622.1303

OTHER GROUPS

GROUP ORIENTATION REQUIRED to attend these groups. **CALL EKUCC at 859-622-1303 or come to Whitlock Bldg Room 571** for information about group and how to schedule a group orientation.

Coping with the death of a loved one: Grief Group

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

Choosing Habits: how to change addictive behaviors

Fridays 11am-12pm

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