



EKU COUNSELING CENTER



SPRING 2023 GROUPS & WORKSHOPS

DROP-IN WEEKLY SUPPORT GROUPS, SKILLS GROUPS, AND WORKSHOPS No group orientation required-just show up!

Students with Health or Other Disabilities support group

Mondays 11:30-12:30pm
Whitlock Bldg Room 568

Beyond Labels: LGBTQ* Students support group

Mondays 3:30-4:30pm
Whitlock Bldg Room 568

Looking for coping skills? Feel Better Fast is for you! Attend any or all!

VIRTUAL: Mondays 10:30-11:30
at <https://counselingcenter.eku.edu/feel-better-fast>

IN-PERSON: Whitlock Bldg Room 568
Tuesdays 1-2pm
Thursdays 3:30-4:30pm

Struggling with procrastination or motivation? Check out Peak Performance!

Fridays 10:30-11:30am
Whitlock Bldg Room 568

Interpersonal Effectiveness Skills Group

Wednesdays 11-12pm starting Feb 15th
Whitlock Bldg Room 568
Contact Dr. Indira Reddy at Indira.Reddy@eku.edu
for more information

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

Coping with the death of a loved one: Grief Group

Tuesdays 2:15-3:15pm

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 1:30-3:30pm