



# EKU COUNSELING CENTER

## SPRING 2021 VIRTUAL GROUPS

EKUCC IS OFFERING SUPPORT AND THERAPY 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 SUPPORT GROUP  
MONDAYS 11:30-12:30PM

Email: MICHALLE.RICE@EKU.EDU

### COPING WITH COVID

SUPPORT GROUP FOR STUDENTS WHO HAVE TESTED POSITIVE FOR COVID (OFFERED 3 TIMES A WEEK)  
MONDAYS 3-4PM

Email: MICHALLE.RICE@EKU.EDU

TUESDAYS 11:30-12:30PM

Email: MELISSA.COZART@EKU.EDU

THURSDAYS 3:30-4:30PM

Email: PAUL.MORGAN@EKU.EDU

### PATHFINDERS

FIRST GENERATION COLLEGE STUDENTS SUPPORT GROUP

TUESDAYS 11-12PM

Email: BRETT.SMITH@EKU.EDU

### BLACK VOICES

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

GROUP ORIENTATION REQUIRED before attending the therapy groups listed below. **CALL EKUCC at 859-622-1303 for information on how to schedule a group orientation.**

### GRIEF GROUP

COPING WITH THE DEATH OF A LOVED ONE  
MONDAYS 9:30-11AM

### ADHD: UNTAPPED BRILLIANCE

LIVING WITH ADHD  
MONDAYS 2:30-4PM

### BIG E BROTHERS

MEN'S GROUP  
WEDNESDAYS 10:30-12PM

### MOVE THE TISSUES TO HEAL THE ISSUES

TRAUMA INFORMED YOGA FOR TRAUMA SURVIVORS  
WEDNESDAYS 11-12PM

### 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 AND OTHERS

CREATING HEALTHY RELATIONSHIPS WITH SELF AND OTHERS  
FRIDAYS 2:30-4PM

### LEVELING UP

D AND D: INTERPERSONAL SUPPORT THROUGH GAMING  
FRIDAYS 2:30-4:30PM