### Winter 2023

#### Mondays
- **Phoenix Rising: A Support Group for Undergrad Student Survivors of Sexual Trauma**
  - Time: 2:10 – 3:30 pm
- **Family Differences Group**
  - Time: 3:15 – 4:30 pm

#### Tuesdays
- **L&S Connections Group**
  - Time: 1:30 - 2:50 pm
- **Grief Support Group**
  - Time: 2:10 - 3:30 pm
- **General Mental Health Group**
  - Time: 3:10 – 4:30 pm
- **Undergraduate Career Exploration Group (UCEG)**
  - Time: 3:10 – 4:30 pm
- **Women's Wellness Group**
  - Time: 3:10 – 4:30 pm

#### Wednesdays
- **Nourish: The Body & The Self Building Social Confidence Group**
  - Time: 9:00 – 10 am
- **Building Social Confidence Group**
  - Time: 10:00 – 11:30 am
- **HEAL**
  - Time: 12:15 – 1:30 pm
- **Adelante Mujeres Support Group**
  - Time: 1:00 – 2:30 pm
- **Healing Through Connections – Graduate Student Group**
  - Time: 1:10 – 2:30 pm
- **Hey it’s Me, Anxiety**
  - Time: 1:10 – 2:30 pm
- **Men’s Group**
  - Time: 1:10 – 2:30 pm
- **Lavender Connection: LGBTQIA+ Undergraduate Student Support Group**
  - Time: 2:10 - 3:30 pm
- **Liberation: Support Group for Survivors of Intimate Partner Violence**
  - Time: 3:10 – 4:30 pm

#### Thursdays
- **Lavender Connection: LGBTQIA+ Graduate and Professional Student Support Group**
  - Time: 10:40 am – 12:00 pm
- **Living with Chronic Medical Conditions & Disabilities Group**
  - Time: 1:10 – 2:30 pm
- **Engineering Small Group Process**
  - Time: 2:00 – 3:20 pm
- **Thank You, Next – Rebuilding After Breakup**
  - Time: 3:10 – 4:30 pm

#### Fridays
- **“The Journey” Therapy Group**
  - Time: 10:00 – 12:00 pm
- **Hey it’s Me, Anxiety**
  - Time: 12:00 – 1:00 pm
### Support Groups with RSVP Requirement

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aggie Mental Health Support Group for Athletes (Tuesdays)</td>
<td>4:00 - 5:00 pm</td>
</tr>
<tr>
<td>BIPOC Support Circle (Wednesdays)</td>
<td>4:00 – 5:00 pm</td>
</tr>
<tr>
<td>First Year Student-Athlete Group (Tuesdays)</td>
<td>3:00 – 4:00 pm</td>
</tr>
<tr>
<td>Non Binary Support Group (Tuesdays)</td>
<td>1:00 – 2:20 pm</td>
</tr>
<tr>
<td>Wellness Wednesday Talking Circle – Coping Strategies for Native American Students</td>
<td>3:00 – 4:00 pm</td>
</tr>
</tbody>
</table>

### Drop-In Support Groups

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aggie 4 Recovery (Thursdays &amp; Sundays)</td>
<td>7:00 – 8:00 pm</td>
</tr>
</tbody>
</table>

1/13/2023