

## Mindfulness

This group uses Mindfulness-Based Stress Reduction (MBSR) to address anxiety, fear, and panic. This research-based approach promotes moment to moment awareness. Learn practical coping skills for facing stressful situations with greater ease as well as methods for being physically and emotionally relaxed.

Tuesdays 3-4 in Room 319, 3rd Floor Robert Scott Small Bldg.  
Starts 9/9/2008

Leader: Lindsey Barr

## Pre-treatment

This group is for students who have come through Walk-In Clinic and are awaiting their first appointment. We welcome students to come to this group and learn about how counseling works, discuss coping strategies, and engage in mutual support with others.

Wednesdays 2-3 Starts 9/24/2008  
Thursdays 10-11 Starts 9/25/2008  
In Group Room of the Counseling Center

Leaders: Guy Ilagan and Brandy Wright

## Transitioning from Home to College

This group will meet weekly to provide a place for students to discuss experiences, thoughts, and ideas about their transition to college. Topics will include life in the resident halls, roommate issues, homesickness, and ways to meet new people and make new friends. The setting will be informal, supportive, and confidential. This group will always be open to new members. Feel free to bring your lunch during group.

Thursdays 11:30-12:30 Starts 9/4/2008 In Group Room of the Counseling Center

Leaders: Mary Capers and David Volz

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## Why a Support Group?

Support groups are one way to meet people who are in the same boat you are in. It is a way to share and exchange information, and to learn about yourself and others like you.

Besides helping you realize that you are not alone, support groups offer you a number of services and benefits:

- ◆ They can give you a chance to share your feelings and hear the experiences of others;
- ◆ They may help you to understand, and be understood by others in similar circumstances;
- ◆ They often encourage the growth of knowledge through the experience of others and through professional resources;
- ◆ They may help you to discover new ways of dealing with your own symptoms and problems;
- ◆ They can help renew your sense of hope in dealing with changes to your lifestyle; and
- ◆ They will give you a chance to make new friends and to break down feelings of isolation.

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**Counseling and Substance Abuse Services**  
**College of Charleston**  
**(843) 953-5640**

Located on the 3rd Floor of the Robert Scott Small Bldg.

## Want Someone to Share With? Join a Support Group



- ◆ **Altered States (Alcohol and Drug Use)**
- ◆ **Connexions (Relationship Issues)**
- ◆ **E-Dots**
- ◆ **Freshman Only! Stress-Coping Series**
- ◆ **Mindfulness**
- ◆ **Pre-Treatment**
- ◆ **Transitioning from Home to College**

All groups are confidential and free of charge.

\*Tentative, based on interest

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## What Is a Support Group?

One of the difficult aspects of having a problem is the isolation and subsequent loneliness and frustration that come with it. Our social skills are often diminished at a time when our energy may also be compromised. We need someone to talk to, and often no one is there. And even when someone is around to talk to us, they likely don't have many answers, suggestions, or similar experiences. This is why support groups are formed.

The students you will meet at a support group have gone through something similar to what you have. They may be at the same stage of their recovery as you are, and talking with them may make you feel less alone. They may be months or years ahead of you, and may have valuable advice and insights to help you see a clear path into your future. They may be months behind you, and might help you to see how far you've progressed. If you are having particular problems, it is likely that someone in the group will have struggled with some of the problems you are, and they will usually share a few strategies that might help you out.

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## DISCLAIMER:

**DAYS AND TIMES MAY BE SUBJECT TO CHANGE.**

**PLEASE DO NOT LET THAT DISSUADE YOU FROM PARTICIPATING IN A GROUP**

### Altered States

Are you concerned about your alcohol or drug use? Would you like to talk confidentially with others who have similar experiences? This is a group for students contemplating and making choices about their alcohol and/or drug use. Abstinence from substances is not required.

Mondays 3-4 in the Group Room of the Counseling Center (Robert Scott Small Bldg)  
Starts 9/22/2008

Leaders: Elizabeth Dixon and Katie Yoder

### Connexions

This group involves individuals coming together to discuss and identify ways of resolving problems they are experiencing in current relationships with their boyfriends/girlfriends, spouse, family member, roommate, etc.

Wednesdays 3-4:30 in the Group Room of the Counseling Center (Robert Scott Small Bldg)  
Starts 9/10/2008

Leaders: Blythe Farish and Laura Riley

## For Any of These Groups

**Please Call 953-5640**

**Many groups will accept new members at any time throughout the year.**

### E-Dots

The desire to eat or to withhold food can often feel overwhelming for those who struggle with an Eating Disorder. This group offers support to help you with your individual goals.

Tuesdays 3-4 in the Group Room of the Counseling Center (Robert Scott Small Bldg)  
Starts 9/16/2008

Leader: Sonya Easterling

### Freshmen-Only Stress Coping Series

Like the name says, this experience is for freshmen only. Come talk, meet people, laugh, and learn about adjusting to college life. Topics and discussions include: stress, relationships, adjusting to college, local outdoor fun, what to do when feeling homesick, and managing college life.

Thursdays 3-4 in Room 319, 3rd floor Robert Scott Small Bldg.  
Starts 9/11/2008

Leaders: Guy Ilagan and Brandy Wright

**Note:** this is an educational (and social) series, not group therapy