

# Spring 2025 Groups

## at the University Counseling Center

### **First Generation Student Support**

Students will have an opportunity to reflect on and raise awareness to the first generation college student experience and investigate identity by advancing asset based national narratives based on student experiences. This group will be run by Kapil Nayar LPC (Kap) on Wednesdays at 5pm in the SUITE. Virtual sessions of this group will be held at 7pm on Wednesdays.

### **LGBTQIA+ Support**

This therapist-led group will provide a confidential, supportive, and affirming environment where LGBTQ+ students can connect with one another, share their common experiences and challenges, and explore emotions related to their experiences. This group will be led by Dr. Victoria Ostroff at the Counseling Center. Day and time TBA.

### **Loss of a Loved One**

This group is for students who have experienced the death of a loved one and are looking for support around the grieving process. This group will be led by Dr. Candice Post at the Counseling Center. Day and time TBA.

### **Roadmaps for Life Transitions**

This 5 consecutive session course will offer tools to assess your values and consider ways to bring your life choices more in line with these values; build and enhance positive relationships in school, work, and in your personal life; and navigate life transitions and challenges more effectively. This course will be led by Dr. Julia Stein at the Counseling Center. Day and time TBA.

### **Substance Use and Recovery**

This group is for students who are either interested or active in recovery from substance use. Group will be led by Sean Dinan, LSW, and will meet on Fridays at 12:30 at the Counseling Center.

Scan here for more information on how to get involved! Or give us a call: 610-519-4050

