

Spring 2020 THERAPY GROUPS

Wednesdays

2:30 pm – 4:00 pm

LIVING WITH LOSS

A supportive and confidential space where students can process their loss with others who are also grieving a loss. While grief is a normal process, coping with the loss can feel heavy, overwhelming, and isolating. Talk, vent, offer support, and learn from others how to cope.

Thursdays

2:30 pm – 4:00 pm

GRADUATE / NON-TRADITIONAL

A space for graduate and older-than-traditional students who want to better understand themselves and their relationships in professional and personal settings; to learn to communicate more honestly and effectively with others, including resolving conflicts and problems; to work on the interpersonal aspects of difficult emotions; and to gain and offer emotional support with peers who understand the challenges of graduate and non-traditional student life.

Fridays

3:00 pm – 4:30 pm

HEALTHY RELATIONSHIPS

A confidential therapeutic opportunity for students to discuss and process topics related to relationships. This group is open to individuals of any relationship status and any sexual orientation.

Fridays

3:00 pm – 4:30 pm

MULTICULTURAL WOMEN

A warm, supportive, and welcoming space for women with diverse backgrounds. The focus is on fostering reflection, insight, honest feedback, and emotional support for each other with an appreciation for the resiliency required to negotiate often challenging sociocultural and patriarchal structures.

A pre-group meeting is required. Please call to schedule your appointment.

Counseling and Student Development Center
Queen Liliuokalani Center for Student Services (QLC) Room 312
808-956-7927