Counseling groups are an excellent way to share and discuss concerns with others who have similar experiences. Whether groups are offered is dependent upon the amount of interest expressed by potential participants and the compatibility of participants' schedules. If you would like more information on group counseling, please call 910-962-3746.

**Personal Exploration Groups**

Personal exploration groups offer a place where students can be supported by others and hear what others would do if they were in their shoes. Through weekly unstructured discussions, this group provides a safe space to focus on how problems in your life influence day-to-day activities and relationships.

**Women's Group**

Although female students may sometimes feel alone in being overwhelmed or self-conscious, many women at UNCW experience very similar struggles. This group provides an opportunity to talk about those experiences and how they influence mood, relationships, sense of self-worth, and overall well-being. Group topics may include:

- Relationships with family, friends, and significant others
- Communication
- Body image & Self-esteem
- Gender role expectations
- Multiple roles of women (i.e. family, career, social, etc.)
- Life balance

Topics will be flexible and based on what is important to the group and what the participants need/want.

**Taming Your Worry: Living Life More Fully**

We all worry. Worry indicates to us that things are important and perhaps require action. Sometimes, worry gets in the way of our ability to lead a full life. This 5 week semi-structured group will help you get a closer look at your worried mind and teach you skills each week to address your worry in a healthy, growth fostering way. Given the sequencing of skills, commitment to attend all 5 sessions is required.

**Men's Group**

Although male students may sometimes feel alone in being overwhelmed or self-conscious, many men at UNCW experience very similar struggles. This group provides an opportunity to talk about those experiences. Group topics may include:

- Relationships
- Communication
- Gender role expectations
- Life balance
- Healthy Sexuality
- Substance Use

Topics will be flexible and based on what is important to the group participants.

**Modern Family**

Struggles with our families are often a natural and inevitable part of everyone’s life. This Group is a safe place for students to talk about difficulties with parents or challenges with siblings and better understand the impact of family dynamics on their well-being while providing a place to practice new relational strategies to separate and relate.