What is group counseling?

Group counseling is a form of “hands-on” learning where you can:
“Great to hear what someone else would do!”

Benefits of group counseling:

- Feel less alone.
- Receive and give help and feedback.
- Increase communication effectiveness skills with others
- Trained group leaders AND group members can help you.
- Work on your goals with other students.

You do not have to do all of the work by yourself

Groups offered at UNCW Counseling Center:

Me, Myself and Us [Tuesdays at 11:00am]
- Improve relationships and communication skills
- Gain support and ideas from others

Thriving [Mondays at 2:00pm]
- Understand barriers to embracing the life you want to live
- Explore your values and make values-consistent decisions

Modern Family [Thursdays at 3:30pm]
- Discuss difficulties with family and better understand the impact of family dynamics on well-being
- Practice new relational strategies

I have Anxiety??? [1 session workshop, various times]
- Learn skills to manage anxiety, including relaxation exercises and cognitive strategies

Kind Mind [4 week workshop starting 2/6/2018, Tuesdays at 2:00 pm]
- The most important conversation you will have all day is with yourself!
- Join to: better understand your emotions, increase self-compassion, and ask for what you need

Please speak to your counselor if you are interested in joining a group, or call 910-962-3746 for further information.