

THE CENTER FOR STUDENT MENTAL HEALTH AND WELL-BEING

FALL 2020 GROUPS

The Center for Student Mental Health and Well-being offers mental health support and skills groups for MTU students. Check out the group descriptions to find out about the groups and how to participate.

All groups are held via Zoom, unless otherwise stated. Check mtu.edu/well-being/groups for current schedules and Zoom info for drop-in groups.

SELF-IMPROVEMENT GROUPS

EMOTIONAL WELL-BEING

The goal of this group is to develop skills that will build a healthy mindset and work toward building healthy relationships with others. The group will focus on learning techniques and strategies related to communication, assertiveness, healthy boundaries and what it means to be confident. Practice is required within the group and outside of group to meet maximum benefit. Contact Kerri Gilbertson (kbmayra@mtu.edu) for more information.

Mondays at 6:00 PM

THE ART OF SELF-COMPASSION

Are you your own worst critic? Sometimes we are kind to others, but not to ourselves. Learn how to love yourself even when you don't do as well as you had hoped. Build your capacity for resilience and compassion while understanding that you don't have to be doing better than everyone else to feel good about yourself. Being more self-compassionate can lead to greater happiness, higher motivation, better relationships, and less anxiety and depression. Contact Sarah Woodruff (smwoodru@mtu.edu) for more information.

Tuesdays at 11:00 AM

BE WELL: LIVING A BALANCED LIFE

Feeling a little out of whack lately? Struggling to balance it all - school, cleaning, health care, nutrition, exercise, etc? Did that list of things just freak you out? It's okay, we get it - it's hard to lead a balanced life and do college. Join us for tips, tricks, and discussion about how to BE WELL and live your best life. Contact Dayna Browning (dmbrowni@mtu.edu) or Whitney Boroski (wmborski@mtu.edu) for more info.

Thursdays at 1 PM

ADAPTING TO CHANGE

Change is hard. If you're dealing with tough circumstances around change, or worried about big changes coming up, this group is for you. Contact Sarah Woodruff at smwoodru@mtu.edu for more info.

Thursdays at 2:00 PM

ADJUSTING TO COLLEGE

Adjusting to college is no joke. It can be tons of fun and it holds a million new opportunities, but it can also bring a lot of stress and questions. This group will focus on how to make this transition smooth - even if you've already been here for a year or two! Contact Nancy Taglione at nktaglio@mtu.edu for more info.

Tuesdays at 10:00 AM

STRESS & ANXIETY MANAGEMENT GROUPS

ANXIETY & STRESS MANAGEMENT SUPPORT GROUP

This group focuses on strategies to manage anxiety with specific focus on the cognitive aspects that contribute to anxiety problems. Contact Crystal McLeod at cpmcleod@mtu.edu for more info.

Tuesdays and Wednesdays at 11:00 AM

ACADEMIC STRESS SUPPORT GROUP

This group will provide support for students who are struggling with academics. The group will focus on skill building and academic success. Contact Dayna Browning at dmbrowni@mtu.edu for more information.

Mondays at 1:00 PM

SUPPORT GROUPS

GRADUATE STUDENT SUPPORT GROUP

This group will provide support for graduate students. Contact Kerri Gilbertson at kbmayra@mtu.edu or Anna McClatchy at ajmcclat@mtu.edu for more information.

Tuesdays at 5:00 PM

GRIEF AND LOSS SUPPORT

This group is a safe place for individuals to talk and learn how to find a “new normal” after a death or loss in their life with others who face a similar challenge. Contact Kerri Gilbertson at kbmayra@mtu.edu for more information.

Wednesdays at 6:00 PM

TRANSGENDER SUPPORT GROUP

This is a discussion-based group for all trans students who are seeking additional support and resources as they face the challenges of identifying as a member of the transgender community in a university setting. Contact Amber Bennett at ambennet@mtu.edu or Amy Howard at alhoward@mtu.edu for information on joining the group.

Individuals must be referred by their counselor or request to join the group by contacting the facilitator listed above.

Group time TBD, contact counselor for information.

CHILDREN OF PARENTS WITH MENTAL ILLNESS SUPPORT GROUP

This group aims to provide a safe place to gain insight from the challenges and successes of others facing a similar circumstance. The goals of this group include understanding mental illness and the stigma associated with it, addressing and coping with the personal anxiety associated with developing a mental illness and reducing the overall stigma surrounding mental illness on a personal level. Contact Kerri Gilbertson at kbmayra@mtu.edu for information on joining the group.

Individuals must be referred by their counselor or request to join the group by contacting the facilitator listed above.

Group time TBD, contact counselor for information.

SPECIALIZED SKILL GROUPS

MANAGING DEPRESSION

This is a group intended to provide a supportive environment for students living with depression. During weekly meetings, students will discuss experiences and facilitate skill development to help them better manage their depressive symptoms and improve engagement in academics, interpersonal relationships and self-care. Contact Sarah Woodruff at smwoodru@mtu.edu for more information.

Wednesdays at 3:00 PM

REDUCE YOUR USE

This group is for students who would like to explore how to feel more in control of their drug and alcohol use. Gain information and support for making healthier decisions around certain harmful behaviors or consequences relating to drugs and alcohol. Contact Lisa Meyer at lmeyer@mtu.edu for more information.

Tuesdays at 4 PM

SPECIAL INTEREST GROUPS

BOARD GAME GROUP

Are you worn out at the end of the week and just want to hang out and play a game? Then this group is for you! We will chill and play strategy-based board games. The goal is to relax, meet new friends, and have some fun at the end of a long week of classes. All are welcome! Email Eric Arundel at emarunde@mtu.edu for more information.

Fridays from 3:00 PM-5:00 PM

If none of these groups are your jam, remember, we've got plenty of other ways to connect and get support!

Check us out:

- Be Well: Let's Talk on Tuesdays at 5:00 PM, Wednesdays at 2:00 PM or Thursdays at 11:00 AM & 4:00 PM: mtu.edu/well-being/letstalk
- Attend a Husky Hour on Tuesday or Wednesday from 4:00-5:00 PM: mtu.edu/huskyhour
- Sign up for one of the workshops offered by the Center for Student Mental Health and Well-being: mtu.edu/well-being/workshops
- Utilize our self-help resources: mtu.edu/well-being/resources
- Talk to the Dean of Students Office, your advisor, learning center coaches, RAs, RECs, friends family and others if you want to learn about more resources!

And, we're always open to new group ideas. Email us at well-being@mtu.edu with requests and ideas for next semester!

Weekly Schedule

(TBD group times not listed on schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 AM		Adjusting to College			
11:00 AM - 12:00 PM		Anxiety & Stress ••••• Self-Compassion	Anxiety & Stress		
1:00 - 2:00 PM	Academic Stress			Be Well: Life Balance	
2:00 - 3:00 PM				Adapting to Change	
3:00 - 4:00 PM			Managing Depression		Board Games (3-5 pm)
4:00 - 5:00 PM		Reduce your Use			
5:00 - 6:00 PM		Graduate Student			
6:00 - 7:00 PM	Emotional Well-being		Grief & Loss		

Please contact the group facilitator listed in the descriptions for more information or check our website: mtu.edu/well-being/groups