

# **SPRING 2023 WORKSHOPS AND GROUPS**



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## **CONNECT WITH THE CENTER**



Michigan Tech Well-being



@mtu\_wellbeing



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3rd Floor  
Admin Building



[counseling@mtu.edu](mailto:counseling@mtu.edu)



(906) 487-2538



Scan the QR code for more information on the Center!



Michigan  
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University

# WORKSHOPS

**\*Workshops are designed as a series, so it is expected that participants attend each of the sessions in a 3-4 week series. For more information and to sign up for a workshop, visit: [mtu.edu/well-being/programs/workshops/](http://mtu.edu/well-being/programs/workshops/).**



## Building Resilience

When faced with difficulty and challenges in life how do you cope, adapt, and bounce back? This workshop focuses on the concept of resilience and how to build these skills and abilities to better cope with challenges and gain confidence in oneself to persevere when life is difficult.

**Tuesdays @ 1 - 2 pm : 01/31, 02/07, & 02/14**



## Social Anxiety

Struggling to manage your anxiety in social situations? This workshop focuses on understanding what fears are holding you back and steps to start working toward reducing your anxiety in those situations.

**Fridays @ 2 - 3 pm : 01/27, 02/03, 02/17 & 02/24**



## Healthy Body, Healthy Mind

In this workshop, participants will reflect on their thoughts, emotions, and behaviors as they relate to core topics of body image, self-esteem, and eating patterns. Email Sarah Dowd ([sedowd@mtu.edu](mailto:sedowd@mtu.edu)) if you have questions about if this workshop may be right for you.

**\*Day/time of the workshop will be determined based on the availability of interested participants**



## Building Emotional Strength

Unhappy and don't know what to do about it? Life is messy, but you can rise above it all. In this three-week workshop, learn how to understand your emotions and keep them from taking over.

**Thursdays @ 11am - 12pm : 02/16, 02/23, & 03/02**



## Fear(less)

Fear is great when we are running from a bear, but what about the small daily fears around not being good enough? In this workshop, we will discuss the places fear originates, as well as ways you can work to reduce your fear and lean into your potential.

**Thursdays @ 2pm - 3pm: 03/16, 03/23, 03/30, & 04/06**



## Cookies & Coloring Books

Let's talk and color your cares away! **Drop in** to de-stress with an afternoon of adult coloring and find out more about what the Center for Student Mental Health and Well-being has to offer. Confidential Let's Talk consultations are available upon request on a first-come, first-served basis.

**Thursdays @ 1pm - 3pm: 02/02, 02/16, 03/02, 03/16, 03/30, & 04/13 in the CDI Basement**

**\*\*Looking for academic workshops? Check out the workshops available through the Library!  
[www.mtu.edu/library/instruction/workshops/](http://www.mtu.edu/library/instruction/workshops/)**

# SUPPORT & THERAPY GROUPS



## The Art of Self-Compassion

Are you your own worst critic? Learn how to love yourself even on your hardest days. Building your capacity for resilience and compassion can lead to greater happiness, higher motivation, better relationships, and less anxiety and depression. Contact Sarah Woodruff at [smwoodru@mtu.edu](mailto:smwoodru@mtu.edu) for more information.

**Tuesdays @ 11am - 12pm**



## Anxiety Management

This group focuses on strategies to manage anxiety with a specific focus on the cognitive aspects that contribute to anxiety problems. Contact Zoe Lincoln at [zlincoln@mtu.edu](mailto:zlincoln@mtu.edu) for more information.

**Tuesdays @ 3pm - 4pm**



## Graduate Student Support

This group is intended to provide support for graduate students on topics and concerns related to graduate student concerns and experiences. Contact Kerri Gilbertson at [kbmaya@mtu.edu](mailto:kbmaya@mtu.edu) or Anna McClatchy at [ajmclat@mtu.edu](mailto:ajmclat@mtu.edu) for more information.

**Wednesdays @ 2pm - 3pm**



## Managing Depression

A group intended to provide a supportive environment for students living with depression. Students will discuss experiences and facilitate skill development to help them better manage their symptoms and improve engagement in academics, interpersonal relationships, and self-care. Contact Sarah Woodruff at [smwoodru@mtu.edu](mailto:smwoodru@mtu.edu) for more information.

**Wednesdays @ 3pm - 4pm**



## 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](mailto:lmeyer@mtu.edu) for more information.

**Wednesdays @ 4pm - 5pm**



## Stress Management

While stress is a natural reaction to life's pressures, sometimes it can cause excessive worry, uneasiness, and ways that feel unmanageable. Join us to learn mindfulness based strategies and coping skills that train your mind and body to respond to stress in more helpful ways. Contact Amanda Schwass at [aschwass@mtu.edu](mailto:aschwass@mtu.edu) or Margo Santti at [msantti@mtu.edu](mailto:msantti@mtu.edu) for more information.

**Thursdays @ 1pm - 2pm**



## Grief & 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 [kbmaya@mtu.edu](mailto:kbmaya@mtu.edu) for more information.

**\*All groups are held in one of the group rooms in the Center. Contact the group's facilitator for additional details.**

# WHAT DO WE OFFER?

EXPLORE THE OPTIONS THAT BEST MEET YOUR NEEDS

## SELF-DIRECTED RESOURCES

My SSP and the Center for Student Mental Health and Well-Being offer information and resources on a wide range of topics for students to work toward personal goals at their own pace.

## WORKSHOPS

Education and skill -building workshops on a wide range of topics throughout the semester in a 3-4 week series format.

(Look inside this flyer!)

## GROUPS

Counselor-led groups to gain education, support, skills, and connection to others who share similar concerns and goals.

(Look inside this flyer!)

## INDIVIDUAL THERAPY

Solution-focused therapy through My SSP or the Center for Student Mental Health and Well-Being.

## MEDICATION CONSULTATION

Counselor referral to Center's Nurse Practitioner to discuss psychiatric medication (available options discussed with the students by a counselor).

## REFERRAL FOR OFF-CAMPUS SUPPORT

Counselor referral for more intensive treatment (based on the student's need and discussed with the student by a counselor).



Live Well



Recharge Well



Be Well



Connect Well



Play Well

# HOW TO GET STARTED

- **Join a Workshop or Group:** Check inside this flyer for more information.
- **Utilize Self-Help Resources:** Go to [mtu.edu/well-being/resources](https://mtu.edu/well-being/resources) or download the My SSP app.
- **Contact My SSP:** Call, chat, or text with a licensed mental health professional 24/7 for immediate concerns or schedule a virtual individual counseling appointment. Download the app or call 1-877-376-7896.
- **Contact the Center:** To schedule an initial or follow-up appointment with a counselor at the Center, email [counseling@mtu.edu](mailto:counseling@mtu.edu) or call 906-487-2538. Walk-In hours are also available throughout the week on a first-come, first serve basis.
- **Still not sure?:** Contact us directly with any questions you have.
- **Need emergency or crisis resources?:** Call My SSP at 1-877-376-7896. Dial Help at 800-562-7622. Public Safety at 906-487-2216, or dial 911 or go to the nearest emergency room.