

Fall 2026 Group Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 PM		DBT (9/29 start) 12:00-1:00 PM Coping Skills Chat w/Bunnies Series 12:00-12:50 PM Building Balance 12:00-12:50 PM (11/3 start)			
12:30	Destination Dickinson Bunnies (Bunny Room, 9/7 start) 12:40-1:20 PM		De-Stress with Bunnies Break (Bunny Room) 12:30-1:00 PM	Adjusting to College 12:30-1:20 PM Social Interactive Support Group 12:30-1:20PM (10/1 start)	Adjusting to College 12:30-1:20 PM Social Interactive Support Group 12:30-1:20PM (10/2 start)
1:00					Mindful Bunny Break (Bunny Room) 1:00-1:30 PM
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					

Coping Skills Chat with Bunnies Series: Stress Management (9/1, 12-12:50 PM)

Alleviating Anxiety & Panic (9/8, 9/29, and 10/27, 12-12:50 PM)

Dialing Down Depression (9/15 & 10/6, 12-12:50 PM)

Navigating Grief & Loss (9/22 & 10/13, 12-12:50 PM)