

Calendar of Wellness Center Group Sessions – Spring 2023

Start of Semester through Spring Vacation

ALL GROUPS ARE DROP-IN—CHECK DESCRIPTION FOR MEETING LOCATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 22	23	24	25	26	27 Upgrade Your Well-Being: 12:30-1:20	28
Jan 29	30 Upgrade Your Well-Being: 12:30-1:20	31	Feb 1 Deep Breathing and Relaxation Workshop: 4:40	2 Getting Through It: 3:30-4:30	3 Managing Stress Workshop: 12:30-1:30	4
Feb 5	6 Managing Stress Workshop: 12:30-1:20	7 Chronic Medical Illness Support Group: 12-1	8	9 Getting Through It: 3:30-4:30	10 Alleviating Anxiety and Panic Workshop: 12:30-1:20	11
Feb 12	13 Alleviating Anxiety and Panic Workshop: 12:30-1:20	14	15 Setting Healthy Boundaries: Setting Communicating, and Respecting Boundaries with Others: 1:00-1:50	16 Getting Through It: 3:30-4:30	17	18
Feb 19	20	21 Chronic Medical Illness Support Group: 12-1	22 Setting Healthy Boundaries: Practicing Skills & Self-Care: 1:00-1:50	23 Getting Through It: 3:30-4:30	24 Dialing Down Depression: 12:30-1:20	25
Feb 26	27 Destination Dickinson— International Student Support Group: 9:30am-10:20 Dialing Down Depression: 12:30-1:20	28	Mar 1 Deep Breathing and Relaxation Workshop: 4:40	2 Getting Through It: 3:30-4:30	3 Navigating Grief and Loss Workshop: 12:30-1:20	4
Mar 5	6 Destination Dickinson— International Student Support Group: 9:30am-10:20 Navigating Grief and Loss Workshop: 12:30-1:20	7 Chronic Medical Illness Support Group: 12-1	8	9 Getting Through It: 3:30-4:30	10 Upgrade Your Well-Being: 12:30-1:20	11
Mar 12	13 <i>Spring Break</i>	14 <i>Spring Break</i>	15 <i>Spring Break</i>	16 <i>Spring Break</i>	17 <i>Spring Break</i>	18

Descriptions and Locations of Wellness Center Support Groups *(continued on next page)*

Alleviating Anxiety and Panic Workshop: A *one-time* 50-minute drop-in group workshop which covers the signs and symptoms of anxiety, the difference between worry and anxiety, and the impact of anxiety and panic. The session with Dr. Nicole Lavertue is full of evidence-based ways to alleviate anxiety, as well as tips for overcoming panic attacks. (*Wellness Center*)

Chronic Medical Illness Support Group: Are you living with a chronic illness? Feeling overwhelmed or alone? Or just wanting to connect with others who know what you are going through? This “lunch and learn” style support group meets twice a month. It is meant to bring together students dealing with chronic illnesses in a safe space with a counselor (Bowerman) and nurse practitioner (Lebo) to offer support, guidance, and structure. (*HUB Side Room 202*)

Deep Breathing and Relaxation Workshop with Dr. Megan Nesbit: Feeling anxious and struggling to focus? Has it been increasingly difficult to be present? This monthly workshop will focus on body-mind techniques for lowering anxiety, combatting stress, and interrupting worry. Each meeting will begin with deep breathing and then focus on a relaxation exercise, a guided visualization, or an awareness technique. (*HUB Side Room 201*)

Destination Dickinson—International Student Support Group: Come in and just be... together. This is designed to be a safe, comforting, and supportive space, where international students can share their experiences, challenges, and successes, as they navigate their journey at Dickinson. This drop-in group will offer support, as well as some skills and strategies to help manage the unique experience of being an international student. (*Wellness Center 2nd Floor*)

Dialing Down Depression: This *one-time* 50-minute drop-in group workshop with Dr. Nicole Lavertue covers the signs and symptoms of depression, as well as the impact of depression on oneself and in relationships. Much of the time in session is devoted to learning evidence-based skills to help reduce depression, as well as improve mood, interpersonal connection, and promote healthier thinking. (*Wellness Center*)

Getting Through It: This workshop with master’s level counselor Theo Nugin provides participants with a basic understand of what trauma is and focuses on a variety of topics surrounding on understanding traumatic events, how we respond to them, and the path to recovery. Examples of topics include—safe and inclusive spaces, healthy relationships, and the neurobiology of trauma. (*Wellness Center*)

Calendar of Wellness Center Group – Spring 2023

Week after Spring Vacation through Final Exams

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mar 19	20 Destination Dickinson— International Student Support Group: 9:30am-10:20 Upgrade Your Well-Being: 12:30-1:20	21 Chronic Medical Illness Support Group: 12-1	22 Setting Healthy Boundaries: Healthy Boundaries 101: 1:00-1:50	23 Getting Through It: 3:30-4:30	24 Managing Stress Workshop: 12:30-1:20	25
Mar 26	27 Destination Dickinson— International Student Support Group: 9:30am-10:20 Managing Stress Workshop: 12:30-1:20	28	29	30 Getting Through It: 3:30-4:30	31 Alleviating Anxiety and Panic Workshop: 12:30-1:20	Apr 1
Apr 2	3 Destination Dickinson— International Student Support Group: 9:30am-10:20 Alleviating Anxiety and Panic Workshop: 12:30-1:20	4	5 Deep Breathing and Relaxation Workshop: 4:40 Setting Healthy Boundaries: Setting Communicating, and Respecting Boundaries with Others: 1:00-1:50	6 Getting Through It: 3:30-4:30	7 Dialing Down Depression: 12:30-1:20	8
Apr 9	10 Destination Dickinson— International Student Support Group: 9:30am-10:20 Dialing Down Depression: 12:30-1:20	11	12 Setting Healthy Boundaries: Practicing Skills & Self-Care: 1:00-1:50	13 Getting Through It: 3:30-4:30	14 Navigating Grief and Loss Workshop: 12:30-1:20	15
Apr 16	17 Destination Dickinson— International Student Support Group: 9:30am-10:20 Navigating Grief and Loss Workshop: 12:30-1:20	18	19 Setting Healthy Boundaries: Healthy Boundaries 101: 1:00-1:50	20 Getting Through It: 3:30-4:30	21 Upgrade Your Well-Being: 12:30-1:20	22
Apr 23	24 Destination Dickinson— International Student Support Group: 9:30am-10:20 Managing Stress Workshop: 12:30-1:20	25	26 Setting Healthy Boundaries: Setting Communicating, and Respecting Boundaries with Others: 1:00-1:50	27 Getting Through It: 3:30-4:30	28 Alleviating Anxiety and Panic Workshop: 12:30-1:20	29
Apr 30	May 1 Destination Dickinson— International Student Support Group: 9:30am-10:20 Dialing Down Depression: 12:30-1:20	2	3 Deep Breathing and Relaxation Workshop: 4:40 Setting Healthy Boundaries: Practicing Skills & Self-Care: 1:00-1:50	4 Getting Through It: 3:30-4:30	5 <i>Last Day of Classes</i> Navigating Grief and Loss Workshop: 12:30-1:20	6
May 7	8 <i>Final Exam Day</i>	9 <i>Final Exam Day</i>	10 <i>Reading Day</i>	11 <i>Final Exam Day</i>	12 <i>Final Exam Day</i>	13
May 14	15 <i>Final Exam Day</i>	16 <i>Final Exam Day</i>	17	18	19	20

Descriptions and Locations of Wellness Center Support Groups *(continued from previous page)*

Managing Stress Workshop: This *one-time* 50-minute psychoeducational group workshop with Dr. Nicole Lavertue discusses signs and symptoms of stress, as well as how stress impacts our lives and bodies. Much of the session is spent learning many different skills or strategies that are proven to reduce stress and improve overall functioning. *(Wellness Center)*

Navigating Grief and Loss: This 50-minute drop-in group psychoeducational workshop with Dr. Nicole Lavertue discusses the difficult journey of grief and loss, as well as offers tools that may help along the journey of grieving. *(Wellness Center)*

Setting Healthy Boundaries—A Brief Workshop Series: A recurring 3-week workshop series for students interested in understanding what healthy interpersonal boundaries are/are not, learning a step-by-step process for setting and maintaining boundaries, and practicing skills for implementing boundaries in a variety of relationships. While reservations are NOT required and attendance will NOT be taken, students are encouraged to RSVP through EngageD to ensure there is enough space. Students may also reach out to Dr. Rebecca Shoemaker for more information. *(HUB 203)*

Upgrading Your Well-Being: A *one-time* 50-minute drop-in psychoeducational workshop with Dr. Nicole Lavertue which focuses on improving your overall well-being. The goal of the workshop is to increase your coping strengths and add tools to your toolbox, so as to enhance your overall well-being. *(Wellness Center)*