Groups:
Spring 2016

Sexual Abuse and Assault Survivors Group - Led by Dr. Susan Sobel and Josh P. Walter, this is a support group for survivors of childhood sexual abuse and adult survivors of sexual assault. You will gain strength and support from other survivors as you move through your healing process. Contact Dr. Sobel at ssobel@uca.edu for additional information or questions. Meetings will be Mondays in the Student Health center, suite 327. The first meeting will be Monday, February 1st from 4:00- 5:00 p.m.

It's All About the "Whole" Body – Led by Reesa Ramsahai and Lynn Schaefer this group will focus on improving body esteem by shifting focus from weight management to total body acceptance. The goal of this group is to aid participants in moving closer to positive health through total body appreciation, moderate exercise, and balanced nutrition. Contact Reesa at reesar@uca.edu for additional information or questions. Meetings will be Thursdays in the Student Health Center, room 328. The first meeting will be Thursday, February 4th at 4-5 pm.

Comic Catharsis - Join us for a group where we read comics week to week! In this group we discuss different comics and themes and how they help us cope with everyday life experiences such as anxiety, depression, relationships, and/or coping with life changes. Led by Allen Thomas Ph.D., this group will meet weekly on Wednesdays at 3:30 p.m., in the Student Health Center, room 328. The first meeting will be Wednesday, February 3rd. E-mail Allen at Adthomas@uca.edu for questions or additional information.

Connecting with Communication - Arguments need to be resolved, not won. Led by Dr. Guinee and Christopher Nielsen, participants will focus on communication skills to resolve conflicts and strengthen relationships. Participants will recognize that conflicts are inevitable but fighting over them is not. Group members will meet every Tuesday at X-Period (1:40-2:30 p.m.) in the Student Health Center, room 328. E-mail Dr. Guinee at Jamesg@uca.edu for questions or additional information.