

# Groups:

**Be A Relaxer** – Focus on reducing anxiety through exercise and cognitive changes. This group will be led by Jason Ribbing. The first meeting will be held on Friday, September 11th at the HPER center. Please contact Jason at [jribbing@uca.edu](mailto:jribbing@uca.edu) for questions or additional information.

**Re - Inventing Yourself** – Focus on being purposeful in becoming who you want to be. This will be an interactive group and you will gain insight through discussion, artistic expression, and thinking outside the box. This group will meet on Tuesdays at X-Period (1:40-2:30 pm). The first meeting will be on September 8th in Student Health Center, Suite 328. This group will be led by Allen Thomas and he can be contacted at [adthomas@uca.edu](mailto:adthomas@uca.edu) for additional information or questions.

**Sexual Abuse & Assault Survivors Group** - Led by Dr. Susan Sobel 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](mailto: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, September 21st from 4:00-5:00 p.m.

**Dream Interpretation Group (DIG)** - This semester Dr. Guinee and Katelyn Coney will be offering a six week group on dream interpretation. This group will meet on Wednesdays from 4:00-5:00 pm and the first meeting will be on Wednesday, September 2nd in the Student Health Center, Suite 328. Please e-mail Dr. Guinee at [jamesg@uca.edu](mailto:jamesg@uca.edu) to reserve your place in the group.

**Girls' Gone Wise** - If you are trying to fit in, build relationships, and make your way in the world as a woman, then consider joining this group. Discussion will revolve around education, networking, maintaining a positive self-image and relationship building. This group will meet on Wednesdays in the Student Health Building, Suite 327 from 3:00-4:00 p.m. The first group meeting will be September 16th. Please contact [TJordan@uca.edu](mailto:TJordan@uca.edu) for more information.