

**The Counseling Center is offering the following this semester:**  
**Groups/Workshops:**

**Anxiety Workshop** – First meeting is Tuesday, February 4<sup>th</sup> at X-Period (1:40-2:30 pm) in the Student Health Center, Room 328. Meetings will be weekly. Topics for discussion will include, but are not limited to, social anxiety, performance anxiety, and test anxiety. Contact Susan Sobel at [ssobel@uca.edu](mailto:ssobel@uca.edu) if you have any questions.

**How Did I Get So Busy?** – If your calendar is jammed with commitments, your desk is shrinking because of the piles of paper and homework you need to get to, and you are stressed out and overwhelmed because you don't see any end in sight to your growing workload, then take heart! Attend this 4-week workshop and learn practical new approaches to organizing your time. This workshop will meet for the first time on Monday, February 3<sup>rd</sup>, at 3 pm in the Student Health Center, room 328. Please contact Tina at [tjordan@uca.edu](mailto:tjordan@uca.edu) if you have any questions.

**Dream Interpretation** – This group will be led by Dr. James Guinee. There will be an interest meeting on Monday, February 3<sup>rd</sup> at 4:15 p.m. in the Student Health Center, room 328. Please contact Dr. Guinee at [jamesg@uca.edu](mailto:jamesg@uca.edu) for additional information or questions.

**Look How I Have Grown** - Whether you have been here for one semester or several, you have changed. In this workshop participants will utilize artistic expressions to gain insight into their changes (and “Yes” you can be lousy at art and still succeed in this workshop). The first meeting will be held on Thursday, January 30<sup>th</sup> at X-period (1:40-2:30 pm) in the Student Health Center, suite 328. Contact Reesa at [reesar@uca.edu](mailto:reesar@uca.edu) for additional information or questions.

**Support Groups**

**Gender Identity Support Group** – Led by students and counselors, this is a safe place to address concerns, challenges and the everyday stresses of being a college student and someone who identifies as lesbian, gay transgender, questioning, queer or intersex. Allies are also welcome. The first meeting will be held on Tuesday, January 28<sup>th</sup> at 5:00 p.m. in the Student Health Center, room 328. Enter the west entrance. Meeting will be held every other Tuesday (go to the counseling center webpage for specific dates). Contact Reesa [reesar@uca.edu](mailto:reesar@uca.edu) or Chloe at [zchlo@yahoo.com](mailto:zchlo@yahoo.com) for additional information or questions. Co-sponsored by PRISM.

**Survivors of Sexual Abuse/Assault** – Led by Cathy Staton this support group will meet on Thursday at X-period (1:40-2:30) in the Student Health Center, room 328. Often there is confusion as to whether abuse was actually experienced, how it impacts current relationships, and what steps can be taken to move on. The first meeting will be held on Thursday, January 30<sup>th</sup>. Contact Cathy at [cstaton1@uca.edu](mailto:cstaton1@uca.edu) for additional information. A group can help you feel less alone.

Sponsored by:  
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