**Groups**

**Gaming as Therapy**

Love video games and want to improve your social life? The Gaming as Therapy group will help you connect with others, improve communication skills, and decrease stress in your in everyday life. Join us every Tuesday during X-period (1:40-2:30) beginning January 20th in the Student Health Center, room 328 for our first meeting. This group will be facilitated by Allen Thomas, a self- proclaimed Geek, and staff counselor. Bring your 3DS and a copy of Smash 3DS! Please contact Allen at ADThomas@uca.edu for additional information.

**Trans Support Group**

A support group for students who consider themselves gender fluid, gender queer, transsexual, questioning, or transgender. The **meetings will be every other Thursday, in the Student Health Center, room 328, at 9 am.** A light breakfast will be served. The support group will be led by Reesa (reesar@uca.edu) and Allen (ADThomas@uca.edu), both counselors at the Counseling Center. Meeting dates are: **January 22nd , February 5th , Feb. 19th, March 5th, March 19th, April 2nd, April 16th.** Please contact Reesa or Allen if you have any questions.

**Survivors of Sexual Assault/Abuse**

Led by Dr. Susan Sobel and Kelsey Prothro this support group will meet on Mondays at 4:00 pm, in the Student Health Center, Suite 327. This group focuses on helping **survivors move towards healing**. The first meeting will be held on **Monday, January 26th**. Please contact Susan at SSobel@uca.edu if you have any questions.

**Anxiety Workshop and Exercise Group**

If anxiety affects your performance on tests, social gatherings, or is a part of your daily life, then consider coming to this workshop. Jason Ribbing, staff counselor, will incorporate **exercise** as a treatment component, as well as **cognitive** interventions. Meetings will be held on **Thursdays at X-Period** (1:40-2:30), in the Student Health Center, room 328. The first meeting will be **Thursday, January 29th.** Please contact Jason at JRibbing@uca.edu if you have any questions.

**Boot Camps**

**Maintaining a Healthy Body Image** - Thursday, February 19th, at X-period (1:40-2:30 pm), Student Health Center, room 307. Facilitator will be Judith Kanu, Counseling Center staff. Please contact Judith at jkanu1@uca.edu for additional information or questions.

**Everything You Wanted to know About Marriage (or long term partnerships) but Were Afraid to Ask**!– Thursday, February 12th , X-Period, Student Health Center, room 307. Your facilitator will be Kelsey Prothro, counseling staff. Please contact Kelsey at Krblack98@gmail.com for additional information.