

UCA Counseling Center Support Groups Fall 2014



- ◆ **Trans Support Group** - A support group for students who consider themselves gender fluid, gender queer, transsexual, questioning, or transgender. The meetings will be on Wednesday, in the Student Health Building, Room 306, at 5 p.m. **The first meeting will be on Wednesday, August 27th.** This support group will be led by, Reesa Ramsahai, reesar@uca.edu, and Allen Thomas, adthomas@uca.edu, both counselors at the UCA Counseling Center. This is UCA's first transgender support group and we look forward to new ideas and meeting great people. Contact either Reesa or Allen for additional information.
- ◆ **Anxiety Workshop** - We are all affected by anxiety but, for some of us it gets in the way of us accomplishing our goals. If anxiety affects your performance on test or in social gatherings, then consider coming to this workshop. It will be led by Jason Ribbing and Lauren Parrott of the UCA Counseling Center. Contact Jason at jribbing@uca.edu for additional information. Meetings will be held on **Thursdays at X-Period (1:40—2:30)** in the Student Health Building, Room 328. The first meeting will be Thursday, September 4th.
- ◆ **Survivors of Sexual Abuse/Assault** - Led by Dr. Susan Sobel and Laura Brinker, this support group will meet on Mondays at 4:00 p.m. in the Student Health Building, Room 328. Often, a person questions if they experienced abuse, the impact of past abuse has on current relationships, and the steps to take in order to heal and move on. This support group will address these concerns and many more. **The first meeting will be held on Monday, September 8th.** Please contact Laura at lbrinker1@uca.edu for additional information. Being amongst others that understand can make you feel less alone.
- ◆ **Adult Children of Alcoholics Support Group** - A support group for students affected by the past or ongoing substance abuse of a parent, guardian, or caregiver. The meetings will be held on Thursdays, in Torreyson West, Room 337. **The first meeting will be on Thursday September 4th.** This support group will be led by Lisa Ray, lray@uca.edu, the director of Addictions Studies at UCA and Marne Eggleston, meggleston1@uca.edu, counselor at the UCA Counseling Center. Please contact either Lisa or Marne for additional information.

Sponsored by:

UCA Counseling Center

Student Health Building, Suite 327

(501) 450-3138