

## FALL 2010 COUNSELING CENTER GROUPS

<b>Group</b>	<b>Description</b>	<b>Time/Place</b>	<b>Leaders</b>
<b>Teatime</b>	Discuss life, love, the meaning of it all, and whatever else comes up	Monday noon Counseling Center	Yasmine Saleh
<b>Yoga/Meditation</b>	Learn/practice a variety of stress reduction techniques	Tuesday noon Meditation Room 2 <sup>nd</sup> Fl Campus Ctr	Corey Gifford
<b>Finding Emotional Balance</b>	Learn an array of self-management and coping strategies	Wednesday noon Counseling Center	Rachel Lively David Botsford
<b>SMART</b>	Stress Management and Relaxation Training	Thursday noon Meditation Room 2 <sup>nd</sup> Fl Campus Ctr	Corey Gifford Dorothe Ferdinand
<b>Becoming a Corsair</b>	For first year students focused on friendship and mastering UMD	Friday noon Counseling Center	Chris Frizzell Sarah Conklin
<b>Academic Success Group</b>	Time management Study skills Test taking strategies Test anxiety Memory tricks	Mondays 4:30 pm Counseling Center	Yasmine Saleh Dorothe Ferdinand
<b>Academic Success Group</b>	See above	Tuesdays 4:30 pm Counseling Center	Cate Hammill
<b>Social Skills Group</b>	Overcome shyness and social anxiety	Wednesday 3 pm Counseling Center	Chris Frizzell
<b>Drug and Alcohol Issues</b>	For students referred by Judicial only	Thursday 4:30 pm Counseling Center	David Botsford Christopher Frazer

To join a group, call 508 999 8650.