

## Group and Workshop Offerings Fall 2020

### **Surviving 2020**

**Date/Time:** Tuesdays 4:00 pm – 5:00 pm, starting Tuesday, September 1<sup>st</sup>

**Description:** 2020 has been unprecedented for many reasons. From a global pandemic to the painful reality of racial tensions in the US, many people are looking for a place to share reactions and relate to peers. This group is an unstructured support group where students can openly discuss the struggles they have faced throughout the year, process emotions that come up, and gain support.

**Referral Info:** Any student interested in participating can email Dr. Hannah Emery ([emeryh@umsl.edu](mailto:emeryh@umsl.edu)) directly for the weekly zoom link.

### **Overcoming Anxiety**

**Date/Time:** Wednesdays at 1:00 pm, starting Wednesday, September 9<sup>th</sup>

**Description:** This group is a rolling, 4-week workshop that focuses on helping students understand their anxiety symptoms and build skills to manage these symptoms. The four sessions are divided into content that builds upon itself but allows for students to join at any point in the rotation. The sessions include modules dedicated to understanding anxiety, noticing triggers of anxiety, systematic desensitization to anxiety triggers, and developing alternative responses to anxiety. By the end of the workshop, students will have their own individualized plan for managing anxiety.

**Referral Info:** If a student is interested in joining the group, they can email Dr. Hannah Emery ([emeryh@umsl.edu](mailto:emeryh@umsl.edu)) directly for details and the zoom link. Students may also learn about the group from their therapist who will refer them to Dr. Emery. After receiving the referral, she will reach out with details and the link.

### **Feel Better Fast Depression**

**Date/Time:** Tuesdays at 11:00 am, starting Tuesday, September 8<sup>th</sup>

**Description:** This group is a rolling, 3 week workshop that focuses on helping you understand depressive symptoms and build skills to manage these symptoms. The three sessions are divided into content that builds upon itself. The sessions include modules dedicated to understanding depression, exploring how thoughts and behaviors impact depression, and addressing how you can begin to make changes to thoughts and behaviors in order to better manage depression. By the end of the workshop, students will have their own individualized plan for improving mood and managing depression.

**Referral Info:** If a student is interested in joining the group, they can email Dr. Hannah Emery ([emeryh@umsl.edu](mailto:emeryh@umsl.edu)) directly for details and the zoom link. Students may also learn about the group from their therapist who will refer them to Dr. Emery. After receiving the referral, she will reach out with details and the link.

All group and workshop meetings will be virtual. Group offerings are subject to change as interest/need changes.