

A Group Can Do It!!

Check out the Groups at UHCS!

To register and for information, call 617-373-2772



- **Adjustment to College**
Thursdays from 4:00pm—5:00pm.
Drop in any week to meet other students and to share experiences about the transition to college life and being away from friends and family.
- **Relationship Issues**
Tuesdays from 2:00pm—3:10pm.
For students interested in learning about themselves and improving their relationships with others.
- **Complementary Approaches to Health and Wellbeing**
Thursdays from 3:00pm—4:00pm.
For students interested in exploring ways of enhancing health and wellbeing through different approaches (i.e. meditation, breathing, qi gong and various energy modalities).
- **Healing Circle - co-sponsored with the Spiritual Life Center**
Mondays from 4:00pm—5:30pm. Reflection Room, 2nd floor Ell Hall.
To empower students who seek joy in living while healing the emotional impact of trauma, abuse, neglect and other difficult life experiences. No registration required.
- **Coming Out as a Lifelong Process: LGBT Support Group** Thursdays from 5:30pm—7:00pm.
An 8 session therapy group providing a confidential, supportive space for LGBTQ students "coming out" in all different ways.
- **Grief Group**
Four sessions beginning Wednesday, November 4th, 2009 at 12:00pm.
Dealing with the holidays when you have lost a loved one.
- **Drug Info Group**
Monthly—Every 1st Wednesday at 12:00pm.
A group where students can learn about the effects and causes of drug and alcohol abuse. Come, listen, talk and learn about drug and alcohol issues.
- **Relationships and Substance Abuse**
Monthly—Every 3rd Wednesday at 12:00pm.
For students who are affected by the substance abuse and addiction of others. Get support and gain insight into the effect of addiction in the family and relationships.
- **Medications NU**
Monthly—Every 2nd Wednesday at 12:00pm (No Group in November).
General information about how to receive psychiatric medication services and education.

Please note
that groups are
only for
NU Students!!

If interested in getting
emails regarding
groups, please email
us at uhcs@neu.edu
and write "GROUPS"
on the subject line.

**For more information
and to register,
call: 617-373-2772**

**Find out more at:
www.neu.edu/uhcs**

