Living with Loss
This group helps students who may be feeling isolated in their grief, providing a safe, supportive space to talk about death and loss with other K-State students who have had similar experiences. Group members will learn what to expect from the grief process and ways to cope and heal.

Grad & Nontrad Student Group
This group provides a safe space that can help you navigate academic and life stressors, relationship concerns, or other topics related to mental health. The group will offer you the chance to learn new things about yourself while meeting others with similar experiences.

Understanding Self & Others - Wed or Thurs 3:00-4:30 pm
This group is an opportunity to learn about yourself in relationship to others. The goal is to improve your relationship with yourself & others by increasing your understanding of how you impact others and how they in return, respond to you. It also provides a safe space to practice new ways of interacting.

Spectrum*
Come join us in a safe space to talk about experiences or concerns you may have as an LGBTQA person. This group is a place to learn more about yourself while meeting others with similar experiences. Members will give and receive support and work together to improve their relationships with themselves and others. Topics of the group may include coming out, intersecting identities (e.g., religion and sexuality), depression, anxiety, dealing with stereotypes, relationship safety and health, and much more.

Calming the Storm
This is a group focused on building skills to increase acceptance and change, which decrease our suffering and help us interact with the world more effectively. Skills you'll learn include mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

*Spectrum FREE SPRING 2018, funding provided by private donors. Cost is $7 per session for other groups. Please call or visit our website for more information.