Effective January 2020 there is no cost for groups!

Understanding Self & Others (open to all students) Tuesdays 10:00 - 11:30 am  
Understanding Self & Others (open to all students) Wednesday 3:00 – 4:30 pm  
Understanding Self & Others (open to all students) Friday 2:00 – 3:30 pm

Group therapy is an opportunity to learn about yourself in relationship to others. Many people who try group genuinely enjoy it and benefit more than expected. It also provides a safe space to practice new ways of interacting.

Graduate and Non-Traditional Students Group – TBD
This group helps you navigate academic and life stressors, relationship concerns, or other topics related to mental health.

Spectrum (for individuals who identify as LGBTQ) – TBD
A safe space to process your concerns related to sexuality and/or your gender identity. Topics may include coming out, anxiety, depression, relationship difficulties, safety and health, stereotypes, intersecting identities (e.g., religion and sexuality), and much more!

Living with Loss – TBD
This group helps those 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. Members will learn what to expect from the grief process and ways to cope and heal.

Calming the Storm - Tuesdays 3:00 – 4:30 pm
A group focused on building skills for acceptance and change, in order to decrease suffering and help interact with the world more effectively. Skills you’ll learn include mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

Taming Your Anxious Mind - Wednesdays 1:00-2:30 pm
This group will help students learn skills to manage anxiety. Through teaching and experiential activities as well as support, students can expect to learn more about anxiety, its purpose, and what they can do when they experience it.

Men’s Engagement Group – TBD
This group is designed for men who want to understand themselves better, change their relationships, and improve their mood.

Contact Counseling Services at 785-532-6927 and request an appointment or you may also visit our portal and signup online with your Eid and password. Navigate to Counseling/My Counseling Service Account.