Center for Counseling & Wellness
Spring 2020 Schedule

Looking for help? CCW groups and workshops provide Calvin students with weekly emotional support, building on assessment data that shows consistently high satisfaction ratings and treatment outcomes for this form of therapy. Groups and workshops will help you feel stronger emotionally and more connected to others, with more coping skills for managing your daily life. Check out these free, professional resources on campus that are designed just for students like you!

🌿 **Thrive! Program**

This drop-in series in the dorm provides you with an opportunity to pause and actively care for yourself in the midst of a stressful semester, learning coping techniques that will help you throughout life. Offered in collaboration with ResLife, each month of programming features a different theme related to resilience. Activities include yoga, art therapy, mindfulness, etc. All Calvin students welcome, and no prior screening at CCW is necessary!

Location: Schultze-Eldersveld (SE) basement study room

Time: Tuesdays, 7-8 pm

Tentative activity schedule:

**Theme: Courage**
- February 4: Mindful Art
- February 11: Yoga
- February 18: Knitting/Crocheting
- February 25: Mindful Art

**Theme: Perspective**
- March 3: Yoga
- March 10: TBD
- March 17: Art Mindfulness
- March 31: Knitting/Crocheting

**Theme: Gratitude**
- April 7: Ecosystem Preserve
- April 14: Yoga
- April 28: Art Mindfulness
- May 5: Thank you Cards

😊 **Feelings Workshop**

Feelings of anxiety and depression can be hard to manage, and this workshop will help you feel better while weathering life’s emotional storms with courage and grace. Structured like a class, the workshop provides a confidential and supportive environment to learn and practice new skills. Each workshop meets for 3 sessions. New clients will be scheduled for a brief screening at CCW prior to signing up.

**Tuesday sections (4-5pm)**
- I: Feb 18, Feb 25, & Mar 3
- II: Mar 10, Mar 17, & Mar 31
- III: Apr 7, 14, & 28

**Wednesday sections (4-5pm)**
- I: Feb 12, Feb 19, & Feb 26
- II: Mar 4, Mar 11, & Mar 18
- III: Apr 1, Apr 8, & Apr 15
- IV: Apr 29, May 6, & May 13

**Thursday sections (4-5pm)**
- I: Feb 6, Feb 13, & Feb 20
- II: Feb 27, Mar 5, & Mar 12
- III: Mar 19, Apr 2, & Apr 9
- IV: Apr 16, Apr 23, & Apr 30

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Over →
Group Therapy

Group therapy has the highest satisfaction ratings and learning outcomes of any CCW treatment approach, providing an opportunity for weekly support as you go in-depth with your thoughts, feelings and experiences. By connecting with others who understand, you will be invited to share your experience authentically and to cultivate connection within a confidential and safe environment. New clients will be scheduled for a brief screening at CCW prior to participating in a group. Duration and frequency of meeting varies by group.

<table>
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<tr>
<th>GENERAL GROUPS</th>
<th>Target symptoms of anxiety, depression, and other common emotional challenges.</th>
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<tbody>
<tr>
<td><strong>Anxiety 2.0</strong></td>
<td>Deepen practices for managing anxiety effectively</td>
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<tr>
<td><strong>Expressive Arts</strong></td>
<td>Use visually creative means to explore thoughts and feelings</td>
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<tr>
<td><strong>Feelings 2.0</strong></td>
<td>Receive support in managing anxiety and depression effectively</td>
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<tr>
<td><strong>Mindfulness Meditation</strong></td>
<td>Learn to manage stress and calm intense emotions through the practice of mindfulness meditation (7 sessions)</td>
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<tr>
<th>TOPICAL GROUPS</th>
<th>Target specific topics and circumstances that impact emotional wellness.</th>
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| **The Body Project (for women)** | Learn to love your body, just as it is (4 sessions) | Wednesdays 6:30-8 pm  
Section 1: Feb 28-Mar 18  
Section 2: Apr 15-May 13 |
| **The REnGroup (no prior screening necessary)** | Process thoughts and feelings about race and race relations | Tuesdays 5:30-7 pm  
2nd week of every month @ Perkins House |
| **Senior Support** | Receive encouragement as you prepare to graduate (5 sessions) | Tuesdays 4-5 pm  
Apr 14-May 12 |
| **Step One (for men)** | Find support in freedom from pornography use | Mondays 3:30-4:45 pm |
| **Without Shame** | Explore questions related to sexual and/or gender identity in a safe, confidential, and agenda-free space | Tuesdays 5-6 pm  
Fridays 12:30-1:30 pm |
| **Working Through Grief** | Share and process feelings of grief related to the loss of a friend, family member, or community member | Thursdays 4-5 pm |

The CCW is continually adjusting group options to fit the needs of students, based on demand. Past group topics have included substance use, sexual survivor support, pornography cessation for women, perfectionism, disability support, and relationships. Let us know if one of these group topics (or something else) would fit your needs, and we’ll look into starting it up!

Not sure what’s right for you? Stop by CCW to set up a brief screening – a counselor will work with you to identify which of the resources at our center is the best fit for your needs and goals. Given that a wide variety of personal difficulties are best addressed in the context of a workshop, group, or online resource, students seeking other services at CCW may be asked to complete one of these services first. (Data shows that students report higher learning outcomes & satisfaction from workshops and group therapy as compared to individual therapy at CCW in a variety of areas.) Students are encouraged to communicate openly with their screening counselor regarding any additional needs.

Wondering about cost? All CCW services are offered free of charge. Given that the subject of each workshop and group builds from week to week, committed students are typically asked to attend all scheduled sessions. Please note that there is a $15 fee for missed sessions without notice at CCW, including workshops and most groups.

To sign up for a Counseling & Wellness resource, stop by our office (SC 368), call us (616-526-6123), email us (counseling@calvin.edu), or fill out our online sign-up form (calvin.edu/go/counseling). Students who have not completed a screening during this academic year will be scheduled for a brief screening prior to participating in a group or workshop.