If You Are...

- Isolated or Depressed
- Shy and Easily Embarrassed
- Troubled by Relationships / Communication
- Wanting to Connect with Others Like You
- Seeking to Improve Interpersonal Effectiveness
- Seeking to Understand Why You Act the Way You Do

Some Reasons to attend a Therapy or Support Group

- Reduces Isolation - You're Not as Different or Alone as You Think!
- Normalizes Experience - "It's Not Just Me, I'm Not Alone"
- Supportive - Receive Support and Share Your Wisdom
- Learn with and from Other People
- Function Better in Relationships
- Learn and Practice New Skills
- Understand Yourself Better
- No Session Limits

FOR MORE INFO ABOUT GROUPS at the Center for Counseling and Student Development:

CALL 252-328-6661 or VISIT https://counselingcenter.ecu.edu/

Current Clients - speak with your Counselor
FALL 2020 Virtual Group Schedule

All groups will be offered via a virtual format this Fall. Days and times listed below are subject to change. Visit https://counselingcenter.ecu.edu/ for the most current schedule. An initial client appointment and/or pre-group orientation appointment may be required. Call 252-328-6661 or visit the CCSD website for more information.

Understanding Self & Others
Mondays 10am – 11:30am; Fridays tbd (LGBTQ focused)
These groups are for students seeking personal growth and social connection. Participants help each other develop greater self-awareness and increased ability to develop satisfying relationships. By interacting with others in a safe and trusting environment, participants can learn from each other, while giving and receiving support around the many personal issues that university students confront.

Topic Specific Groups
Navigating Distress – Skills and Support Group
   Tuesdays 3:30pm-4:45pm (3pm orientation for first time attendees)
A Journey to Healing – Sexual Assault Survivors Group
   Wednesdays 2pm – 3:30pm
First-Year Student Support Group
   Wednesday’s check website for details
Sister Circle - African American/Black Women Support Group
   Begins 2nd 8 week block

Drop-in Groups
These groups are open to all currently enrolled ECU students on a drop-in basis.

Healing Hearts – Drop-in Grief Support Group
tbd

Mindful Us – 30-minute Drop-in Mindfulness Practice
Visit https://counselingcenter.ecu.edu/ for dates and times

Brief Groups
The CCSD will offer brief (3 weeks or less) skills group opportunities throughout the Fall semester. Check our website for more information.