Fall 2020 Virtual Support Groups

Connection • Personal Growth • Support

- Open to students residing in-state only
- Screening required
- Contact facilitator for more information and to schedule a group screening appointment

Black Women’s Support Group (Fridays, 3:15-4:30 p.m.)
Facilitator: Kym Jordan Simmons, Ph.D.
A supportive space for students who identify as Black women. This group provides a space to discuss the complexities of navigating spaces within and outside of CMU. Students can discuss, and explore feelings and experiences related to campus climate, stress and coping, racial/ethnic identity, racism/internalized racism, oppression and privilege, microaggressions, intersectionality, self-esteem, relationships, family, and other topics of interest. Contact Kym Jordan Simmons at kyms@andrew.cmu.edu for more information.

Master’s Student Support Group (Wednesdays, 5-6 p.m.)
Facilitator: Allie Jedinak, Psy.D.
This group offers a supportive and interactive environment to connect and build community in discussing the CMU Master’s student experience. Possible topics include personal and professional relationships, cultural adjustment, academic and career concerns, adjusting to and leaving graduate school, and coping with stress. Contact Allie Jedinak at ajedinak@andrew.cmu.edu for more information.

Ph.D. Student Support Group (Mondays, 1-2 p.m.)
Facilitator: Kym Jordan Simmons, Ph.D.
This support group offers for Ph.D. students a safe, confidential space in which to talk about the stressors related to school and life, emotions, and relationships. Share your experience, get support, encouragement, and advice. Topics include: relationships with advisors and peers, navigating academic milestones, struggles with self-confidence, cultural adjustment concerns, and efforts to lead a balanced life. Contact Kym Jordan Simmons at kyms@andrew.cmu.edu for more information.

Undergraduate Student Support Group (Thursdays, 4:30-5:30 p.m.)
Facilitators: Allie Jedinak, Psy.D.
This group for undergraduate students will offer a safe space to connect and explore the wide-range of emotions that accompany attending college. Possible topics include managing emotional responses to COVID-19, such as anxiety; feelings of isolation; sleep difficulties; difficulty with procrastination and focusing; challenges in maintaining a healthy and productive daily routine; and difficulty connecting with peers, friends, and loved ones. Contact Allie Jedinak at ajedinak@andrew.cmu.edu for more information.

Women’s Support Group (Wednesdays, 6:30-7:30 p.m.)
Facilitator: Allie Jedinak, Psy.D. & Lindsey Bond, M.A., M.S.
This group for women offers a supportive and interactive environment to explore one’s personal experiences related to relationships, academics, and stress. The group provides a safe and confidential space to receive multiple perspectives, feedback, and support from other women. The group will work towards further developing self-esteem, self-awareness, and relationship skills. Contact Allie Jedinak at ajedinak@andrew.cmu.edu for more information.