**Spring 2020 Groups @ CaPS**

**Black Women’s Support Group (Fridays, 2:30-3:45 p.m.)**

Facilitators: Kym Jordan Simmons and Jodie Mitchell

A supportive space for students who identity 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.***

**LGBTQ+ Support Group (Tuesdays, 1:30-2:30 p.m.)**

Facilitators: Samantha Ryland and Mick Landaiche

Individuals representing the diverse gender and sexual orientation continuum are invited to participate in co-creating a space to share what's on your mind and to find and offer support.  Group members are invited to come as who they are while focusing on issues of personal relevance. Consequently, topics in this group will be generated by members and will likely capture identity development and integration, resilience, managing oppression in the current sociopolitical climate, and developing strategies to create balance and enhance self-care. ***Contact Samantha Ryland at sryland@andrew.cmu.edu for more information.***

**Ph.D. Student Support Group (Wednesdays, 11-12:30 p.m.)**

Facilitator: Kym Jordan Simmons

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.***

**Relating to Others and to Self: Undergraduate Therapy Group (Mondays, 4:30-6 p.m.)**

Facilitators: Mick Landaiche and Dorothy Cashore

Our relationships are one of the most important aspects of our lives and, at times, one of the most challenging. This confidential, personal growth group for 5-8 undergraduate students will offer a safe setting to explore and learn more about the experiences of relating to significant others: family, friends, and romantic partners. ***Contact Mick Landaiche at mick@andrew.cmu.edu for more information.***

**Understanding Self and Others – Graduate Student Therapy Group (Tuesdays, 3-4:30 p.m.)**

Facilitators: Briana Root and Melissa Bilski

This interpersonal process group will help members identify patterns in how they relate to themselves and others, and explore the relationship between their interpersonal style and their emotional well-being. The group provides a supportive space for members to deepen their awareness and acceptance of themselves while also having the opportunity to practice new, more satisfying ways of connecting with others***. Contact Briana Root at brianar@andrew.cmu.edu for more information.***

**Women’s Support Group (Fridays, 12-1:15 p.m.)**

Facilitator: Allie Jedinak

This group for women offers a supportive and interactive environment to explore one’s personal ex-periences 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.***

**Spring 2020 Workshops @ CaPS**

**Beyond McMindfulness: An Introduction to Zen Meditation (Wednesdays, 4:30-6 p.m.)**

**4-week Series: 2/5, 2/12, 2/19, and 2/26**

Have you ever wanted to develop a consistent meditation practice? This four-part workshop serves as an introduction to Zazen; a form of meditation that is at the heart of Zen practice. Students will learn how to meditate from a tradition that has been practiced for thousands of years, and successfully used by individuals from both secular and varying spiritual backgrounds to cultivate greater self-awareness, insight, wisdom, and peace of mind. This workshop will include a didactic component as well as experiential meditation practice. ***Contact Danny Sharara at dsharara@andrew.cmu.edu for more information.***

**Embracing Your Body Workshop (Wednesdays, 6:15-7:30 p.m.)**

**3-week Series: 2/19, 2/26, and 3/04**

Facilitator: Sara Troupe

At this 3-week workshop you will learn how to become aware of societal body ideals, how to challenge negative body talk, and how to change your relationship with your body. This workshop is perfect for women who want to further their journey towards body acceptance. ***Contact Sara Troupe at stroupe@andrew.cmu.edu for more information.***

**Navigate Your Anxiety GPS (Gaining Practical Skills) (Tuesdays, 5:30-6:45 p.m.)**

**4-week Series: 1/28, 2/4, 2/11, and 2/18**

Facilitator: Kym Jordan Simmons

Gain a better understanding of your anxiety and how to manage it. Gain skills to be effective at understanding the purpose of anxiety and building resilience, reducing intensity of anxiety, and experience anxiety without avoiding it. ***Contact Kym Jordan Simmons at kyms@andrew.cmu.edu for more information.***

**Relating to Others and to Self: An Experiential Learning Workshop Series (Mondays, 3-4 p.m.)**

**First 4-Week Series**: February 10 thru March 2, 2020

**Second 4-Week Series**: March 23 through April 13, 2020

Facilitators: Mick Landaiche and Amanda Berney

Among the most important aspects of our lives are our relationships—with others, certainly, but also with ourselves.  How can we learn to manage the fundamental tensions between others and self, between what others want from us and what we want from them and from ourselves?  This 4-week workshop series—open to both undergraduate and graduate students—will explore how our relationship patterns are formed and reinforced in our early family and cultural contexts.  We will consider the important role and complexity of the nonverbal signals emerging from our own bodies as we make contact with our world, along with the signals we pick up from the bodies of the others around us.  What does it mean to feel connected versus engulfed?  How can we tell the difference between healthy individuation and more problematic cutoff and disconnection from others?  Finally, we will discuss some of the neurophysiological factors that lead to what is called “social pain,” the intense hurt we may feel when rejected by others and the actions we may take to avoid future such pain, actions that may actually undermine our efforts to achieve a life that feels satisfying and worth living. ***Contact Mick Landaiche at mick@andrew.cmu.edu for more information. Enrollment will be limited to 12 participants.***

**Tools to Manage Anxiety Workshop (Wednesdays, 6-7:15 p.m.)**

**3-week Series: 3/25, 4/1, and 4/8**

Facilitator: Sara Troupe

At this 3-week workshop you will learn the purpose of anxiety and develop your own toolbox of skills to manage anxiety through practice. ***Contact Sara Troupe at stroupe@andrew.cmu.edu for more information.***