



Counseling and  
Psychological  
Services

## Summer 2021 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

### **Connecting with Ourselves and Others Support Group**

**Mondays, 4:30-5:30 p.m., June 7<sup>th</sup> to July 12<sup>th</sup>**

Facilitators: Lindsey Bond, M.A., M.S. & Debra Reich, M.A.

Our relationships are one of the most important aspects of our lives and, at times, one of the most challenging. This confidential, personal growth support group for undergraduate and graduate students will offer a safe setting to explore and learn more about the experiences of relating to significant others: family, friends, and romantic partners. The group will provide educational information about communication styles, interpersonal skills, and ways of relating. This is an opportunity for you to learn about how you experience others and how others may experience you. Screenings begin the week of May 10<sup>th</sup>. ***Please contact Debra Reich at dreich@andrew.cmu.edu to schedule a screening appointment.***

### **Healing in the face of Racial and Ethnic Discrimination**

**Mondays, 4:30-6 p.m., Starting June 7<sup>th</sup> for 8 weeks**

Facilitators: Dareen Basma, Ph.D. & Mengchun Chiang, Ph.D.

Racism, discrimination and systemic oppression plays a significant role in how you feel about yourself, your community and the world around. Being directly impacted by any or all of them can feel like an added pressure that you are having to deal with on top of the stress of being a student. If you are feeling that way, know you are not alone. Join our Overcoming Discrimination Support Group to understand how discrimination impacts your mind, body and feelings and find ways to work through them in a supportive and healing space. Screening will begin the week of May 17<sup>th</sup>. ***Please contact Dareen Basma at dbasma@andrew.cmu.edu to schedule a screening appointment.***