



**Western Carolina University**  
**Counseling and Psychological Services**

225 Bird Building  
828.227.7469  
counselingcenter.wcu.edu

## **Counseling Groups – Fall Semester 2009**

### **B.F.F.**

Did you know that the longest relationship you will probably ever have will be with yourself? Let's explore that relationship and understand how you see yourself. This is a skill-building group that will focus on positive self-talk, assertive skills, stress management, and expressive arts. Learn that you are one of your "best friends forever". Wednesdays, 4:00-5:00. Please email Arika at [ashafer@wcu.edu](mailto:ashafer@wcu.edu) to sign up!

### **Helping Hands**

This group is intended to provide support for students who have served in any branch of the military. Students will be encouraged to identify issues of focus; however topics may include transitioning to WCU civilian and academic life or how to access and get the most out of area services. Students in the group will be expected to contribute to a climate of mutual respect and support. Time and location are to be announced. For more info, contact Mike at 227.7469 or [mmcintosh@wcu.edu](mailto:mmcintosh@wcu.edu).

### **Living Mindfully, Not Mindlessly**

Mindfulness is the intentional cultivation of non-judgmental, non-reactive, present-moment awareness. Living mindfully, instead of mindlessly, helps us to see clearly, to accept, and to gain freedom from the suffering brought by automatic self-defeating thoughts and assumptions. Through mindfulness we strengthen our ability to intentionally respond with compassion, instead of behaving reflexively. Meetings offered Thursdays 3:30-4:45 pm. For more info, contact Michelle at 227.7469 or [mcooper@email.wcu.edu](mailto:mcooper@email.wcu.edu).

### **Rhythm & Relaxation**

This is an evidence-based drumming program that reduces stress, boosts morale and promotes self-empowerment. Group drumming from a HealthRHYTHMS perspective is transcendent... it empowers people to more effectively express themselves, while enabling them to move beyond perceived limitations. No prior musical experience necessary. Instruments provided. To be offered Mondays 5:15 – 6:45 in the Pillow Room in the Bird Bldg. For more info, contact Michelle at 227.7469 or [mcooper@email.wcu.edu](mailto:mcooper@email.wcu.edu).

### **Tame Your Temper**

Anger is a powerful gift, a normal part of life, and a signal of a real problem that needs to be addressed. Some of the ways we have learned to use anger isn't that helpful – instead it is painful, strains our relationships with others, & sometimes even causes others to fear us. Come explore creative ways to re-train your usual patterns and learn how to solve your problems – not just express your anger. Meetings offered Mondays from 4-5pm. Email Anna at [abauguess@wcu.edu](mailto:abauguess@wcu.edu) to sign up.