



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

**225 Bird Building**  
**828.227.7469**  
**counselingcenter.wcu.edu**

**Counseling Groups – Fall Semester 2010**

**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 TBA. 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 Tuesdays & Thursdays 3:30-4:45 pm. For more information contact Michelle at 227-7469 or [mcooper@email.wcu.edu](mailto:mcooper@email.wcu.edu), or go to [Facebook at www.facebook.com/wcumindfulness.com](http://www.facebook.com/wcumindfulness.com) or page Living Mindfully, Not Mindlessly.

**Rainbow Room**

Whether you are questioning your gender identity or sexual orientation OR you've already "claimed" your gay, lesbian, bisexual and/or transgendered identity, sometimes it's helpful to have a safe space where you can regularly connect with a small group of people with similar life experiences. Rainbow Room is a confidential, respectful, counselor-facilitated support group for this purpose. Issues discussed could include coming out, gay life in rural communities, spirituality, handling discrimination and oppression effectively, and more. This meeting will be held on a regular basis but for privacy's sake the specific location & time will not be published. For more information, contact Counseling & Psychological Services at 227-7469 and ask for Michelle ([mcooper@wcu.edu](mailto:mcooper@wcu.edu)) or Thomandra ([tssam@wcu.edu](mailto:tssam@wcu.edu)) for more information

**Something to Talk About**

This group focuses on managing emotions. It is designed to help individuals explore their feelings and their beliefs about feelings and interpersonal relationships. Additionally, group members will practice skills to manage their emotions which will aid the quality of their interpersonal relationships. Meetings offered (Group Day and time TBA). For more info contact Jane at 227-7469 or [jcroyserskowski@email.wcu.edu](mailto:jcroyserskowski@email.wcu.edu).

**Just Between US**

This group is for students who want to strengthen their relationships, teamwork, and communication skills. Topics that will be covered include: communication problem solving, time together/time apart, listening skills, and intimacy. To be offered on Wednesdays from 4:00 – 5:00pm (time might change). For more info, contact Jane at 227-7469 or [jcroyserskowski@email.wcu.edu](mailto:jcroyserskowski@email.wcu.edu).

**EmWave Orientation Session**

The emWave PC program is designed to teach you how to intentionally shift your emotional state in order to facilitate higher brain functioning. The intentional shift from a negative state to a positive state enhances a person's clarity of mind and general sense of well-being. Some of the benefits of the emWave program are lowers stress and anxiety, emotional clarity, boosts immune system functioning, promotes the body's optimal performance, improves sleep and slows aging processes. For more information contact the Counseling and Psychological Services at 227-7469 to arrange an individual orientation.