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**FALL, 2023 WELL-BEING GROUPS**

**Join other students to focus on your well-being, gain support, and learn pointers on coping with some of life’s challenges.**

**De-Stress with Mindfulness**

**What:**  Time to de-stress using mindfulness, breathing, and stretching

**How:**  Virtual Zoom:  <https://zoom.us/j/95414149698>

**Where:**  Anywhere, find a comfy place to join!

**When:**  ***8/25, 9/15, 10/13, 11/3***

**Time:** 1:00 - 2:00 p.m.

For more information contact Melissa Casad, MA, LPC, NCC

at [mbritti@siue.edu](mailto:mbritti@siue.edu) or call (618) 650-2842

**Grief on Campus**

**Where:**   Counseling & Health Services Services Conference Room, Located in SSC 0222

**What:**  16 Week Psychoeducational Support Group.

**How:**   Join at any time during the semester by contacting Dawn Schulte, MSW, LCSW

at dawschu@siue.edu or 618-650-2842 to schedule a screening appointment.

**When:**  Every other Friday, ***beginning 9/15/23*** and ongoing, 2:30-4:00pm.

**Slay The Day**

**What:** Group experience for LGBTQIA students to build hope, coping and life attitudes.

**Where:** To be determined prior to 9/7/2023 (either Zoom or in-person) based on majority group member preference.

**When:** Thursdays; 9/7/2023-11/9/2023

**Time:** 2:00-3:30PM For more information contact Ron Henson, MA, LPC

at [rohenso@siue.edu](mailto:rohenso@siue.edu) or call 618-650-2842 to schedule a group screening.

**Spill The Tea**

 You are invited to join in community with other Black and Brown women to visit and check in on specifics and life in general. This open group is an informal way to connect and ground yourself during life’s hectic moments.

We look forward to seeing you!

**Time:** 3:00 p.m. - 5:00 p.m. on Wednesdays

**Dates and Location:**  
***9/6/2023*** – MUC Conference Center:  Hickory/Hackberry  
***10/25/2023*** – MUC Conference Center:  Maple/Dogwood  
***11/1/2023*** – MUC Conference Center: Hickory/Hackberry  
***12/6/2023*** - MUC Conference Center: Hickory/Hackberry

**For additional information please email:**

Kelly Atkins (Office of Academic Advising) – [kelatki@siue.edu](mailto:kelatki@siue.edu)Adriana Givens (Counseling Services) – [adgiven@siue.edu](mailto:adgiven@siue.edu)Shervonti Norman (Counseling Services) – [shnorma@siue.edu](mailto:shnorma@siue.edu)