Groups offer a confidential, safe space to gain awareness of self and others. The experience can reduce loneliness, normalize life events, promote change, and teach new relationship skills. Groups help us learn how to connect with our own feelings while in the presence of others.

**STAFF-LED GROUPS**

- ADHD
- Anxiety and Stress
- Autism Spectrum Disorder (ASD)
- Cognitive Behavioral Therapy (CBT)
- Family Issues
- Graduate Student
- Healthy Relationships
- LGBTQ+
- Miners4Recovery
- Perfectionism
- Resilience and Coping
- Safety/PTSD
- Social Confidence
- Thriving, Not Just Surviving
- Anger Management

**STUDENT-LED GROUPS**

- Miner Support Network
- ProjectConnect

**LEARN MORE ABOUT EACH GROUP:**

- [QR Code]

* = only offered as needed/per request