

COUNSELING & WELLNESS SERVICES

Counseling and Wellness Services (CWS), an integrated service of Campus Health Service and funded by the Student Health Fee, brings together campus mental health services and health education programming to best serve students' well being. We work to enhance your wellness across the many areas of your life—from stress management to meditation to personal well being and healthy relationships. **For more information about our hours of operation, group days and times, and specific wellness programs, please check our website at <http://campushealth.unc.edu>**

NEW! Request a Performance from INTERACTIVE THEATRE CAROLINA!

Interactive Theatre Carolina uses scripted and improvisational theatre to promote health/wellness and social



Photo Credit: Andrew

In this scene on race relations, the characters are unaware that the audience will soon accuse them of having offensive Halloween costumes. Interactive Theatre Carolina performs upon request for campus events, classes, and student groups.

justice in the University of North Carolina Chapel Hill community. We believe that when audience members engage the characters and conflict on stage, they are more likely to explore and change their own attitudes and behaviors. Current and future performances will address the following issues: Sexual Assault/Alcohol, Eating Disorders/Nutrition, Racism, Sexual Identity/Orientation, Depression/Suicide, and other health/wellness and social justice issues. **For more information, or to request an ITC performance for your event, class, or student organization, please contact Ben Saypol, Program Coordinator at saypol@unc.edu or 919-966-3658. Website: campushealth.unc.edu/itc.**

STUDENTS OF COLOR DROP-IN HOURS

The Students of Color Drop-In Hours allow individuals to have confidential conversations at 105 Abernethy Hall with staff from Counseling and Wellness Services. This service reflects CWS' commitment to providing direct service, specifically designed for students of color. Drop-in hours begin Tuesday January 15, 2008. Hours: Tuesdays 2pm-4:30pm and Thursdays 1:30pm-5:00pm.

LGBTQ DROP-IN SUPPORT HOURS

Wednesdays and Thursdays 3 – 5PM

These are weekly opportunities to have one-to-one, confidential conversations at the LGBTQ Center (Suite 3226 in the Student Activities Services Building North) with counselors from Counseling and Wellness Services. The counselors are available to discuss issues of sexual orientation, gender identity, relationships and other areas where an individual may need personal support.



STRESS REDUCTION & RELAXATION

MASSAGE THERAPY

Too much stress can be bad for you! Many of us have heard the health reports concerning the rise in stress-related illnesses but we may wonder about how to manage stress better. Relax... CWS offers one of the most powerful forms of stress reduction... therapeutic massage. In addition to relieving sore muscles and physical tension, massage can help quiet the mind and lead to a better sense of well-being. Call 966-3658 for an appointment.

INTRODUCTION TO MEDITATION

Do you want to live more fully in the present, sharpen concentration, deal with stress effectively, and find inner resources to help you reach your potential and highest ideals? Learn to meditate. These sessions will present instructions for mindfulness meditation and passage meditation and explore the potential meditation can have in your life. Interested students will have the opportunity to form an ongoing meditation group.

PASSAGE MEDITATION

Students will have the opportunity to develop a passage meditation practice in this group. Passage meditation uses positive, inspirational passages from a wide range of the world's spiritual and wisdom traditions as the focus of meditation. This approach is non-sectarian and can be used by anyone practicing any major world religion or by those adhering to no religion at all. Passage meditation is part of an eight point program for translating spiritual ideals into daily life. The other seven points include practical coping skills for daily living.

CHANGING HOW YOU FEEL BY CHANGING HOW YOU THINK

Learn how to take control of your emotions. This group will focus on strategies for stopping unwanted thoughts and changing negative thinking patterns to help reduce feelings of anxiety, stress and depression. Check website or call 966-3658 for more information.

DISSERTATION SUPPORT GROUP • Thursday 4-5pm

This group is designed to help graduate students initiate, conduct and complete their dissertation. Members of the group set goals each week and report on their success in reaching these goals at the next session. This group will provide peer support and discussion of common emotional challenges in the dissertation process. Strategies to help group members in setting and attaining goals are discussed.

ENHANCING PERSONAL GROWTH

UNDERSTANDING SELF AND OTHERS

Often, persons seeking help through therapy feel isolated and distant from others and dissatisfied with their abilities to establish and nurture relationships with others. This group offers the opportunity for participants to learn more about how they involve themselves in relationships, examine relationship patterns, give and receive feedback and support, and gain insight and understanding into thoughts, feelings, and behaviors for self and others.

HEALTHY RELATIONSHIPS

Are you interested in learning more effective communication skills, how to deal with conflict, and how to manage common relationship issues? **Want to figure out if the relationship you are in can thrive or is in trouble?** This group will provide information and skills you can use to enhance your relationships with family, friends, roommates, someone you work with and romantic partners.

BOUNCE BACK PROGRAM

A program designed for students currently on academic probation. Students in Bounce back meet in a group setting on a weekly basis to strengthen academic skills and explore how to become more resilient in the face of scholastic and personal stress.

INSIGHT: A GROUP LEARNING PROGRAM FOR WOMEN

Proven to reduce stress, depression and anxiety in women, this group is for any woman interested in learning about methods to increase self-esteem, decrease stress, and develop enhanced self-awareness in a structured group.

THE MEANINGFUL LIFE:

a positive psychology group for women
Monday's 1:30- 3:00 pm.

A group for woman struggling with depression, anxiety, self acceptance and self esteem. This group will help individuals utilize signature strengths, gratitude, optimism and hope to build a pleasant, engaged and meaningful life. Contact Avery Cook, LCSW mail to: macook@email.unc.edu or Beth McElhinny, LCSW mail to: emcelhinny@unc.edu for more information.

MEN'S GROUP

Men's group offers the opportunity to explore one's experiences of emotional understanding, gender role expectations and a common ambivalence about forming close relationships. Men will be respectfully challenged to engage honestly with each other around their life experiences and be invited to more deeply learn to trust oneself and others in a way that encourages support and facilitates change. Screening Required.

GRIEF GROUP: Healing and Meaning-Making

This group is for students experiencing the recent death of family members or close friends with emphasis on facilitating healing through meaning making and support. This group helps students examine how they fit in the context of their own life story, how they remember and honor their life experience and to how they may become engaged in creating and constructing the next chapters of their lives in contact with developing hope.

BODYWISE- BODY IMAGE & DISORDERED EATING GROUP

Are you uncomfortable in your body? Would you like to make changes so that you can feel more at ease in your own skin? Join the Bodywise group and explore ways to make changes to your disordered thinking and be come more comfortable with your body.

FRESHSTART STOP SMOKING GROUP

Tuesdays, 5-6PM

Freshstart is the American Cancer Society's quit smoking program. This is a 4-week structured group for students who would like to learn about quitting, or are ready to stop smoking. Participants will learn a positive approach to becoming a non-smoker. The workshop will teach participants several different smoking cessation strategies, and use group support, behavior modification, nicotine replacement therapy, and stress management and relaxation techniques to help participants reach their goals.

THE TOBACCO CESSATION ADVOCATES

This group of five proactive and dedicated organizations is working collaboratively to advocate, educate, raise awareness, and provide support to the campus community about the effects of smoking. They will also promote QUITLINE to support those students who smoke and want to quit. Several activities are planned for the spring semester 2008 such as Relay for Life, Kick Butts Day, Pit Sits and a Tobacco Forum. If you want to be involved please contact Counseling & Wellness Services at 966-3658.

PREGNANT AND PARENTING SUPPORT GROUP

First Thursday of each month from 11:30-12:30

Are you interested in gaining peer support, receiving information and resources, and obtaining educational opportunities relating to issues surrounding pregnancy and parenting? This group will help pregnant and parenting students find support at UNC. In addition, the group will use the expertise, interests, and experiences of members to influence the group's direction and to drive campus for improved resources. Your feedback and involvement is essential!

LIVING WITH STI

This group will provide a confidential, safe, and supportive space to discuss issues around living with a chronic STI (such as Herpes, HPV, and/or HIV). We will learn skills for how to cope with the infection, communicate with partners, recognize campus resources, and manage stress. For more information, please email stahlman@email.unc.edu or call 966-3658.

OTHER SERVICES

Various groups, workshops and free walk-in HIV testing/consultation will be offered throughout the semester. Please check our website <http://campushealth.unc.edu> for specific offerings and dates and times.

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