

Groups for Spring 2021

EIU COUNSELING CLINIC

COVID-19 SUPPORT GROUP

Tuesdays from 3-4pm.
If you're feeling overwhelmed by changes related to the COVID-19 pandemic, know that you're not alone. Whether you have lost someone from the illness, have experienced the illness yourself, are in isolation, or are having any concerns related to the many changes we have all had to face, this group may be able to help. This group will focus on normalizing the emotions you may be feeling due to the COVID-19 pandemic and help you brainstorm ways to cope with the changes you have been experiencing.

Fridays from 3-4pm.

This group is designed to aid students in developing healthy coping skills to combat anxiety and improve overall wellness and a healthier lifestyle.

ANXIETY GROUP

GRIEF GROUP

Wednesdays from 11am-12pm.
This group will discuss information about the process of bereavement and common experiences following a loss. The group will provide a supportive environment to discuss the grieving process, how you have been impacted, and offer encouragement for healing.

Tuesdays from 3-4:30pm.

This group is designed to aid participants in discovering themselves through artistic expression, provide a safe environment to discuss personal struggles, encourage emotional healing, and share hopes for the future.

EXPRESSIVE ARTS THERAPY GROUP

SELF- COMPASSION GROUP

Wednesday from 1-2:30pm.
Loving ourselves is one of the most important, yet at times, the hardest thing to do. This group can help you develop some skills so that you can be less self-critical and more compassionate to yourself. We will learn ways to be mindful of our struggles, responding with kindness to ourselves, tolerating distress, decreasing worries about perceived mistakes, and connecting to others.

Thursdays from 2-3pm.

The purpose of this group is to provide a safe environment to help students express themselves with others that are struggling in various areas of their lives. In this group you will be empowered toward personal growth and understanding, as well as, have the opportunity to encourage others.

GENERAL THERAPY GROUP

If you are interested in any of our groups, contact us at:

217-581-3413 Monday - Friday (8am - 4:30pm)