



GROUP 1: NAVIGATING FRIENDSHIPS

This group will help students learn how to navigate through their different friendships after experiencing a traumatic event. Students will work on compartmentalizing friendships and setting realistic boundaries within friendships.

GROUP 2: INCREASING SELF ESTEEM

This group will provide students with tips and techniques on how to improve their self esteem. Students will identify areas/triggers in their lives that have affected their self esteem and learn coping skills to manage these feelings.

GROUP 3: LEARNING HOW TO ASK FOR HELP

This group will help students learn how to be more vocal when they need assistance from family, friends, peers, or professors. Often after traumatic events, it's hard to ask for help due to feeling like you're burdening others. Asking for help is essential to the healing process.

GROUP 4: WHAT'S NEXT?

During this group students will learn how to use coping skills to work on moving past their traumatic incident. The student will work towards identifying what coping skills are most effective for them, and what coping skills they have tried in the past that were ineffective.

WORKSHOP: SELF LOVE VS. SELF CARE

Often we think self love and self care are synonymous, but they're really a cause and effect of each other. During this workshop students will learn the difference between self love and self care and how to practice each efficiently.