Every semester, the Counseling Services Center at John Jay College offers support groups to students. Support groups bring individuals together to share their experience around a variety of topics and concerns. Open to all John Jay students, our support groups are facilitated by professional counselors who create a safe, supportive, and confidential environment. Some of the benefits of joining a group are learning you are not alone, exchanging helpful information, developing coping skills, and increasing self-awareness. Support groups are free-of-charge and meet weekly.

The Counseling Services Center also offers free and confidential personal counseling to students. Students may see a counselor for a variety of concerns, such as making difficult decisions, resolving relationship issues, dealing with academic pressures, and coping with feelings of depression and anxiety.

If you are interested in joining a group or speaking with a counselor, please call the Counseling Services Center at (212) 237-8111 or stop by room L68.00 in the New Building. For more information about our department and the services we offer, please visit us at [http://www.jjay.cuny.edu/counseling/](http://www.jjay.cuny.edu/counseling/). During the Fall and Spring semesters, we are open Mondays, Thursdays, and Fridays from 9:00am to 5:00pm and on Tuesdays and Wednesdays from 9:00am to 7:00pm.

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**Depression Support Group**

This group is designed for students experiencing feelings of depression. Group members will gain an understanding of what depression is and its contributing factors. Specifically, discussions will focus on how one’s thoughts (particularly negative thoughts) influence one’s behavior and emotions and contribute to an overall depressed mood. Group members will learn how to develop more realistic and positive ways of thinking. Participants will also learn coping strategies and have an opportunity to share their experiences with others in a supportive environment.

**Day:** Mondays  
**Time:** 1:30pm-2:30pm  
**Location:** L68.27 NB  
**Facilitator:** Dr. Elena Beharry

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**Food & Mood @ JJ**

FOOD & MOOD @ JJ is a 10 week support group for John Jay students interested in gaining better control of their eating and adapting a healthier lifestyle. This group is designed for students who turn to eating to relieve life pressures or who experience negative emotions as a result of their eating. Each week, the group will learn alternative behaviors and healthier options for regaining control of one’s eating and one’s life. The FOOD & MOOD @ JJ group will provide students with up-to-date information, support, understanding, and accountability.

**Day:** TBA  
**Time:** 1:30pm-2:30pm  
**Location:** L68.27 NB  
**Facilitator:** Lin Anderson

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**Meditation & Spiritual Exploration**

Are you looking for a way to experience greater peace, happiness and joy? Meditation has been practiced for thousands of years across the globe and leads people to the silent, peaceful place that exists in all of us. Together we will learn and practice breathing, concentration and other meditation methods to improve relationships, school performance and personal accomplishments. We will meet once a week for an hour. Time will be devoted to learning, practicing and sharing in each session.

**Day:** Wednesdays  
**Time:** 1:30pm – 2:30pm  
**Location:** L 68.27 NB  
**Facilitator:** Joel Rosow
**Men’s Discussion Group**
This group provides a comfortable and supportive environment where men can come together to openly and honestly voice their concerns, stressors and pressures as it relates to being a man in today’s world.
**Day:** TBA  
**Time:** TBA  
**Location:** L74.01NB (Urban Male Initiative Lounge)  
**Facilitator:** Dr. Gerard Bryant

**“What’s on Your Mind?” Group**
The “What’s on Your Mind Group” is exactly its name. This group focuses on any and all topics that members bring to discuss, ranging from school to relationships to friends to family to other challenges that group members may be encountering. The environment, led by a trained counselor, will foster the giving and receiving of peer support, an opportunity to connect with others and a chance to get some relief from stress.
**Day:** Thursdays or Fridays (2 sections offered- select one)  
**Time:** 1:30pm – 2:30pm  
**Location:** L 68.27 NB  
**Facilitators:** TBA

**Women’s Support Group:**
“Ladies Let’s Do Lunch.”
This group is provides a comfortable and supportive environment where females can come together, and openly and honestly voice their concerns, stressors and pressures as it relates to being a woman in today’s world.
**Day/Time/Location:** TBA  
**Facilitators:** Johanna Foster, MHC & Karly Rodriguez, LMHC