



Counseling Services Center

Support Groups Fall 2016

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 center and the services we offer, please visit us at <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.

Anxiety Support Group

This group is intended for students who are coping with various forms of anxiety including generalized anxiety disorder, panic attacks, social anxiety, OCD and test anxiety. The group will discuss issues such as common sources of anxiety, coping and prevention skills, and ways in which to reduce anxiety. This group will meet weekly and will not be a drop in group. While new members can come after the first session, once in the group, a semester long commitment is required.

Day: Mondays; Time: 1:40 pm – 2:40pm; Location: L68.31NB; Facilitator(s): Elena Beharry, PsyD & David Lipsey, MCH

Depression Support Group

This group is designed for students who are experiencing feelings of depression. Group members will gain an understanding of what depression is and the factors that contribute to depression. Specifically, discussions will focus on how one's thoughts, (particularly negative thoughts), influence 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 ways to cope with feelings of depression and have an opportunity to share their experiences with others within a supportive environment.

Day: Wednesdays; Time: 1:40 pm – 2:40pm; Location: L68.27NB; Facilitator (s): Lillian Polanco, MA

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: 1:40pm–2:40pm; Location: L 68.31 NB; Facilitator: David Lipsey, MHC

Women of Color Collective

This group 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: Thursdays; Time: 1:40pm – 2:40pm; Location: L67.07NB; Facilitator(s): Johanna Foster, MHC & Karly Rodriguez, LMCH