



# BRIEF SUPPORT

## LET'S TALK

Free 30 minute confidential brief consultation and support on a variety of issues including stress, relationship issues, homesickness, etc...

WEDNESDAYS 9am-1pm in the WELLNESS CENTER

## GAINING SUPPORT AFTER CRISIS

Individuals often experience a number of reactions following a crisis. It can be difficult to cope and manage these reactions on your own. This group is focused on providing a safe place for participants to talk about their experience with others, develop a greater understanding about normal reactions to a crisis and learn some basic coping skills. This group will also help participants identify when additional support is needed and resources that are available to them.



## HOURS

Monday-Friday: 9am-4pm

## CONTACT

1530 Concordia West  
Irvine, CA 92612

(949) 214-3102

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[www.cui.edu/studentlife/wellness-center](http://www.cui.edu/studentlife/wellness-center)

# COUNSELING CENTER

WELLNESS CENTER

CONCORDIA  
UNIVERSITY  
IRVINE



# WELLNESS GROUPS

## LIFE SKILLS GROUPS

### **MINDFULNESS**

Learn how to reduce your stress, regulate your mood, improve your concentration, exercise better judgement and enhance your mental and physical health with this intensive 3 week group that will train you in the practice of mindfulness.

OFFERED IN FALL SEMESTER

### **BEING HEARD: GETTING YOUR NEEDS MET IN RELATIONSHIPS**

This 3 session group focuses on teaching you how to effectively communicate your needs to others, without hurting the relationship. Learn how to be heard/taken seriously, get others to do things you would like them to, say no to unwanted requests, strengthen current relationships, resolve conflicts, and repair relationships when needed.

OFFERED IN FALL SEMESTER

### **HOW TO SUCCESSFULLY ENGAGE WITH OTHERS**

Initiating a conversation can be a challenge for many people. This group will focus on the rules of conversation and how to effectively initiate conversations with others. This 3 session group is interactive and will give participants the opportunity to practice a number of skills in a safe and supportive environment.

OFFERED IN SPRING SEMESTER

\*Groups are offered at different times throughout the year. Check with the front desk for group schedules.

## ANXIETY GROUPS

### **CONQUERING COLLEGE**

This 3 session group will focus on helping students to acclimate to college life. Learn how to cope with being away from home, and being in an environment that is new and overwhelming in a supportive group setting.

OFFERED IN FALL SEMESTER

### **ANXIETY TOOLBOX**

This 3 week workshop is intended to help increase your understanding and knowledge about anxiety. Join this group to learn how to identify and manage anxiety using a variety of coping skills.

OFFERED BOTH SEMESTERS