

# Group Therapy

## SPRING 2019



### Anxiety Support Group

**Mondays** 3 – 4:30 p.m.

**Tuesdays** 3 – 4:30 p.m.

**Thursdays** 1 – 2:15 p.m.

**Fridays** 10 – 11:30 a.m.

### ACT Anxiety/Depression

**Mondays** 1:15 – 2:30 p.m.

**Mondays** 3:15 – 4:45 p.m.

### Coping with College

**Wednesdays** 1:30 – 2:45 p.m.

### Coping with Grief

**Fridays** 3 – 4:30 p.m.

### Depression Support

**Mondays** 1:15 – 2:30 p.m.

### Freshmen Support Group

**Thursdays** 11 a.m. – noon

### Grad Student Support Group

**Tuesdays** 3:15 – 4:45 p.m.

### Helpers, Healers, and People Pleasers

**Mondays** 10:15 – 11:30 a.m.

### Hoola Hoops and Clean Sidewalks

**Wednesdays** 3 – 4:30 p.m.

### Just Me (LGBTQIA+) Support

**Fridays** 10 – 11:15 a.m.

### Mindfulness for Anxiety

**Tuesdays** 1:15 – 2:30 p.m.

### Mindfulness for Depression

**Thursdays** 2:30 – 4 p.m.

### Pain and Illness support

**Wednesdays** 10 – 11 a.m.

### Sanctuary (D&A support group)

**Fridays** 3 – 4:30 p.m.

### Stumbling on Happiness

**Wednesdays** 10 – 11:30 a.m.

### Tools for Uplifting Your Mood

**Tuesdays** 9 – 10:30 a.m.

### Understand Self and Others Group “U.S.O.”

**(Coed) Wednesdays** 1 – 2:30 p.m.

**(Coed) Thursdays** 1 – 2:30 p.m.

**(Coed) Fridays** 1 – 2:30 p.m.

**(Men’s) Fridays** 3 – 4:15 p.m.

**(Seniors) Wednesdays** 3 – 4:30 p.m.

**(Grad only) Thursdays** 3:15 – 4:45 p.m.

**SIGN  
UP**

[counseling.pitt.edu](http://counseling.pitt.edu)

University Counseling Center | 412-648-7930  
Wellness Center, Nordenberg Hall Second Floor  
119 University Place

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