



# COUNSELING SERVICES STUDENT GROUPS SPRING 2021

Counseling Services offers a variety of groups each semester. Specific information about the groups is listed below. Groups are open to all registered YCP Students and will meet virtually through a zoom invite by Counseling Services to those who register. Groups are strictly confidential (a signature for confidentiality is required). To register with a group click on the link at the bottom of this flyer . Feel free to call Counseling Services at 717.815.6437 or email [counselingservices@ycp.edu](mailto:counselingservices@ycp.edu) should you have any questions.

## ■ **Just Breathe-the Art of Mindfulness**

Practice mindfulness-based relaxation techniques. This group teaches mindfulness-based skills to better manage daily stressors, increasing one's health and wellbeing. These techniques are practiced during each session. **Meeting day and time TBD.**

## ■ **One Day at a Time**

Open and confidential discussion of substance use and the impact it may have on current life situations. Any student, regardless of the substance used, is welcome. **Meeting day and time TBD.**

## ■ **Self-Matters**

Learn ways to increase your self-esteem while engaging in helpful discussion with peers. This group will take a creative look at ways to be your best self. **Meeting day and time TBD.**

## ■ **Food and Mood**

Find balance in eating, activity level, and self-image. Participate in creative and nurturing activities in a safe environment where you can be yourself. **Meeting day and time TBD.**

## ■ **Grief & Loss**

Receive support during the grieving process and learn effective coping methods after experiencing a loss. Individuals with a loved one experiencing terminal illness are welcomed to attend. **Meeting day and time TBD**

## ■ **Creative Coping**

Utilizing the arts to connect with others. In this group, creativity will be used to identify, express, and cope with your difficult thoughts, feelings, and life's challenges. This group is a therapeutic, safe place to learn about yourself and others in a unique way. **Meeting day and time TBD**



Register for the groups at the link below

[Register Here!](#)

