



COUNSELING SERVICES STUDENT GROUPS SPRING 2022

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. Groups may meet through several formats (Zoom or in person) with Counseling Services and are strictly confidential (a signature for confidentiality is required). The meeting days, times, and format of each of the groups will be determined by the group leader. 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 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.**

■ **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.**

■ **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.**

■ **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**

Register for the group(s) you're interested at the link below

[Register Here](#)

