



# GROUP COUNSELING

## G31 SUITES ON MAPLE EAST

Sometimes a problem is better addressed through group counseling than with an individual counselor. Talking with other students who have similar experiences provides support and perspective.

**Women's Group:** A group for female IUP students to discuss topics such as relationships, families, body image, self-esteem, academics, and other common concerns with a focus on self-awareness and interpersonal interaction.

**Grad Student Group:** A group for students navigating the unique challenges of graduate school like the demands of coursework, balancing school and personal life, and coping with the stress of a thesis or dissertation.

**Understanding Self and Others:** Would you like to learn about yourself and better understand your relationships? In this group you will practice new ways to express your thoughts and feelings in a safe and encouraging atmosphere.

**Men's Group:** A group for male IUP students to explore issues related to being a college-aged man such as masculinity, societal pressures, and struggles in establishing and maintaining healthy friendships and relationships.

# Fall 2017:

**Women's Group:**

**Mondays**

**11:15-12:30 pm**

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**Grad Student Group:**

**Wednesdays**

**3:20-4:35 pm**

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**Understanding Self**

**and Others:**

**Mondays**

**5:00-6:15 pm**

**or**

**Thursdays**

**3:00-4:15 pm**

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**Men's Group: Tuesdays**

**9:30-10:30 am**

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Participation in these groups requires an initial meeting with the group facilitators, usually 30-45 minutes. To schedule this meeting or to ask questions: call the Counseling Center at 724-357-2621, stop by G31 Suites on Maple East, or email Karen Lemasters at [lemaster@iup.edu](mailto:lemaster@iup.edu)

To see full descriptions and contact information for facilitators, visit [iup.edu/counselingcenter](http://iup.edu/counselingcenter)