

HEALTH & COUNSELING SERVICES
SPRING 2019

Support Groups

Support Group for Students on the Autism Spectrum

Mondays | Jan. 28 – April 1 | 12noon – 1p

Expressive Arts

Tuesdays | Feb. 5 – April 16 | 12:15p – 1:45p

Coping with Difficult People

Wednesdays | Feb. 6 – Feb. 27 | 12noon – 1p

Cinema Therapy Group

Fridays | Starts Feb. 8 for 7-10 weeks | 1p – 3p

Gaming: For Fun & Personal Growth

Wednesdays | Feb. 13 – April 24 | 3:15p – 4:45p

Positive Psychology Workshop & Support Group

Thursdays | Feb. 14 – April 11 | 12:15p – 1:30p

Support Group for Social Anxiety

Wednesdays | March 20 – May 8 | 12noon – 1p

Grief Support Group

For info, contact H&CS at 509-313-4052 or
studenthealth@gonzaga.edu

All support groups are free and for *eligible GU Students.

Groups are led by a licensed staff therapist
at Heath & Counseling Services: 704 E. Sharp Ave.

For more information regarding support
groups, *eligibility and how to register,
visit www.gonzaga.edu/healthandcounseling