



# FALL 2022

## HOFSTRA UNIVERSITY Student Counseling Services

### GROUPS

Groups are held once weekly throughout the semester. **Fall 2022 groups begin September 6 and end December 9 and run for one hour per week.** Preregistration is not required; admission is first-come, first-served. Room capacity will limit the number of participants for in-person groups.

#### Social Network Live

**Where:** Room 141 Mack Student Center, North Campus (*and online*)

**When:** Wednesdays at 4 p.m.

Join fellow students for this social development skills group to learn better ways to start and maintain social relationships. This group meets both in person and on Zoom. If you are interested in participating virtually, please reach out to Student Counseling Services at **516-463-2273** or [studentcounselingservices@hofstra.edu](mailto:studentcounselingservices@hofstra.edu).

#### Social Anxiety Group

**Where:** 148 Wellness and Campus Living Center, North Campus

**When:** Thursdays at 7 p.m.

This group focuses on helping students understand and reduce anxiety in social situations. Learn and develop skills and strategies for becoming more comfortable in social settings.

#### Sober Circle

**Where:** Room 148 Wellness and Campus Living Center, North Campus

**When:** Thursdays at 8 p.m.

Join with fellow sober students to form a social support network and stay connected to others on campus.

#### Mindfulness Meditation

**Where:** Room 148 Wellness and Campus Living Center, North Campus

**When:** Fridays at 6 p.m.

Mindful participation is important in all parts of life. Learn ways to relax and manage stress, anxiety, and other emotions by staying in the present moment.

### HOFSTRONG WORKSHOPS

Workshops are held twice a semester; each workshop meets once a week for four weeks. Preregistration is required for all workshops. Please register for workshops by contacting Student Counseling Services at **516-463-2273** or [studentcounselingservices@hofstra.edu](mailto:studentcounselingservices@hofstra.edu).

#### FeelSTRONG

**Where:** Room 148 Wellness and Campus Living Center, North Campus

**When:** Session 1: Wednesdays at 7 p.m., October 5, 12, 19, 26 • Session 2: Tuesdays at 4 p.m., November 1, 8, 15, 22

Sometimes, college can feel like an emotional maelstrom. This workshop focuses on strategies to manage intense emotions and build strong, healthy relationships.

#### ThinkSTRONG

**Where:** Room 148 Wellness and Campus Living Center, North Campus

**When:** Session 1: Thursdays at 6 p.m., October 6, 13, 20, 27 • Session 2: Mondays at 7 p.m., November 7, 14, 21, 28

Do you struggle with negative self-talk? If so, this workshop will help you develop effective thinking patterns, so difficult thoughts don't pull down your mood or stop you from reaching your goals.

#### BeSTRONG

**Where:** Room 148 Wellness and Campus Living Center, North Campus

**When:** Session 1: Mondays at 7 p.m., October 3, 10, 17, 24 • Session 2: Tuesdays at 6 p.m., November 1, 8, 15, 22

When things get tough, it can be hard to keep moving toward your goals! This workshop will help you identify your values and engage in activities that are important to you, even when life makes that difficult.

For further information, call Student Counseling Services at **516-463-2273**, email [studentcounselingservices@hofstra.edu](mailto:studentcounselingservices@hofstra.edu), or visit [hofstra.edu/student-counseling-services](http://hofstra.edu/student-counseling-services).

*There is no charge for participation in groups or workshops; attendance is limited to currently enrolled Hofstra University students. Please visit our website for additional group offerings throughout the semester.*