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.

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.

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, or visit 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.