GROUP COUNSELING

NAU Counseling Services offers numerous groups, typically beginning within a few weeks after the beginning of the semester. Given that many of our issues revolve around difficulties in relationships with others, group counseling can be an effective way to create positive change in our lives.

Understanding Self and Others (USO) Groups

Group members will spend time discussing their patterns and history of relating to others with the aim of understanding themselves as well as other group members, and ultimately, improving current and future relationships. Issues discussed may vary widely such as anxiety, depression, family issues, relationships, and abuse. These groups can provide a time to get different perspectives on many issues as well as receive support from other members.

CO-ED USO GROUPS
Mondays ............ 3–4:30 p.m.
Wednesdays ....... 4:30–6 p.m.
Thursdays .......... 2:15–3:45 p.m.
Fridays ............ 9:30–11 a.m.

YOUNGER WOMEN'S USO GROUP
Tuesdays .......... 2:15–3:45 p.m.

Solutions and Strategies Group

This group will, in a supportive and confidential environment, address the struggles students may experience when deciding to moderate or eliminate their alcohol and other substance use. Additionally, group members will have the opportunity to share various skills and strategies that may be helpful in this process.

CO-ED Solutions and Strategies Group

FRIDAYS
11 a.m.–12:30 p.m.

*This group cannot substitute for University or legally mandated treatment. Contact Hannah.Nunez@nau.edu for questions.

NAU Counseling Services
Health and Learning Center | (928) 523-2261
nau.edu/counseling

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