

Fall 2017 Counseling Groups



COPE - SCC

Bi-weekly small group meeting where students will give and receive support for symptoms of anxiety/depression, family/relationship issues, or other related concerns. Art (working with markers, crayons, photos, paper, play doh, etc.), writing, and meditation may be used during group.

2nd and 4th Monday, 5–6:30 pm, (Sept. 11 - Dec. 11)

Spring Creek Campus, D134

CONNECT – SCC

Small group for individuals with diverse backgrounds. **ESL and International students are welcome.** This group will encourage connection to others. Art & relaxation activities may be used.

Every Thursday, 2:30-3:30 pm (Sept. 14 - Dec. 7)

Spring Creek Campus, D134

*For **COPE** and **CONNECT** groups, interested students must schedule an intake appointment with a counselor prior to attending their first group session. For questions, please contact Elizabeth Muto, LPC at emuto@collin.edu or call 972.881.5748.*

Drop-in Relaxation Group - SCC

This group is designed for any student who wants to learn how to manage stress and anxiety. Relaxation techniques and strategies will be introduced. Intake appointment not necessary in order to attend.

First Monday of every month, Noon - 1 pm

Spring Creek Campus, D 134

Sept. 11 (Due to Labor Day holiday) Oct. 2, Nov. 6, Dec. 4

For questions about Relaxation Group, please contact Carolyn Braswell, LPC-S at cbraswell@collin.edu or call 972.377.1735.

Career Counseling Group – PRC

Discover your Career Path!

This group encourages you to explore yourself in light of your career plans.

Interested students please contact PRC Counseling at 972.377.1781 prior to first meeting.

Tuesdays, noon – 1 p.m., from Sept. 26 – Oct. 31

Preston Ridge Campus, J Building Rm. J105

