## Freshman Transition
Adjusting to college life can be stressful. This group provides a place to talk about it and learn ways to manage stress, deal with homesickness and figure out your place in campus life.

## Adult Children of Alcoholics
This support group is designed to help students who have dealt with alcohol abuse in their family to learn coping and self-care strategies and improve their understanding of how alcohol has impacted their lives.

## Coming Out/Being Out
Gay? Lesbian? Bisexual? Transgendered? Questioning? We welcome you to explore and share your joys and struggles in this support group dedicated to the LGBTQ Community.

## Eating Issues Support Group
Concerned about your eating? You’re not alone. Come learn strategies for wellness and acquire skills to help you manage your eating concerns in a caring, supportive environment.

## Group for Grief and Hope
Nobody understands loss better than someone who has been there. This group is a place where students can get the support and understanding they need throughout the grieving process.

## Stressbusters
Stressed out? Join the club. Stress is one of the top issues facing college students today. This group will help you learn to manage stress, gain coping skills and more effectively deal with the demands of campus life.

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### Counseling & Psychological Services
(203) 254-4000, ext. 2146       Dolan Suite 120
Drop In Hours Monday – Friday 3-4 p.m.
Private and Confidential

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