

UNC COUNSELING CENTER GROUPS Fall 1992

ADULT CHILDREN OF ALCOHOLICS

Do you come from an alcoholic or other dysfunctional family? You are not alone! Come join us and learn to love yourself again. Wednesdays 2:30-4:00. Facilitator: Jacques Okonji. Start Date 9/30/92.

UNFINISHED BUSINESS: A FAMILY ISSUES GROUP

The group will explore how the family you grew up in affects you today. Discover how difficulties experienced in relationships, with self esteem, career choice, etc. can be addressed by working on the unfinished business you have with your family. Wednesdays 3:00-5:00. Facilitators: Michael Arloski and Mollie Hill. Start Date 10/7/92.

MEN'S GROUP

Those men interested should contact one of the facilitators. Begins Spring 1993 Semester. Facilitators: Michael Arloski, Chuck McKenna and John Nixon.

RELATIONSHIPS

Can't live with them? Can't live without them? These groups will focus on individuals who want to work on improving their relationship skills (family, roommates, friends, etc). A wide variety of issues such as communication, loneliness and competition will be addressed. Personal growth will be promoted through sharing and interacting with group members. TWO GROUPS: Group ONE: Facilitators: Mark Hayden and Tracy Bostwick. Limit 10 people. Thursdays 3:00-4:30 pm. Start Date 10/8/92. Group TWO: Facilitators: Mollie Hill and Chuck McKenna. Tuesday 9:00-10:30 am. Start Date 9/29/92.

HEALING FROM SEXUAL ASSAULT

This group is for women who are survivors of sexual assault. The goals of this group are to facilitate participants' healing, to develop trust in self and others, and to provide education about response to trauma. Healing from sexual assault is possible. Thursday 1:00-2:30. Facilitators: Carol Erickson and Mollie Hill. Start Date 10/1/92.

WOMEN SURVIVORS SUPPORT GROUP

These groups are for women who have a history of physical, sexual or emotional abuse. While having been abused will be an experience common to all members, the group will be open to discussion of other areas of concern to group members' psychological well-being. Tuesdays 3:30-5:00. Facilitators: Deb Lang and Jerri Hancock. Start Date 9/29/92.

SPIRITUAL WHOLENESS GROUP

This group is for people who may feel disconnected from organized religion, who are questioning meanings and values, and wish to explore a personal spirituality with others. This group is non-sectarian. Wednesdays 12:30-2:00. Facilitators: Chuck McKenna and John Nixon. Start Date 9/30/92.

THE GROUPS LISTED HERE ARE FREE TO UNC STUDENTS. THEY ARE DESIGNED TO HELP STUDENTS DEAL WITH A VARIETY OF PERSONAL ISSUES IN AN ATMOSPHERE OF TRUST, SUPPORT AND CONFIDENTIALITY. FOR A PRE-GROUP INTERVIEW AND/OR INFORMATION, PLEASE CALL 351-2496

UNC COUNSELING CENTER GORDON HALL