

WINTER DROP-IN GROUPS

Koru Mindfulness

Tuesdays, January 5th, 12th, 19th and 26th at Noon-1pm

Sign up : https://student.korumindfulness.org/course-detail.html?course_id=4433

You will be introduced to the practice of mindfulness and learn several skills, including meditation for managing stress and enriching your life. Mindfulness is about developing the ability to be fully attentive to all the moments of your life, reducing the amount of time you spend worrying about the future or fretting about the past.

Returning Back to School

Tuesdays, January 5th, 12th, 19th and 26th at 4-5pm

Zoom ID: 93252276790

Discussion with students returning to U of R for Spring Semester 2021 –
OK if you were here in Fall 2020 or are returning to U of R this Spring after a break.
We will share ideas for ways to have positive academic, social and personal experiences in this “interesting” time. We will talk about potential struggles as well as plans, coping and work-arounds.
We’re likely to check in about classes, finding friends, worries and resources.

Our Healing Breath

Tuesdays, January 5th, 12th, 19th and 26th at 4-5pm

Zoom ID: 94829759274

Drop-in group for UofR students of Color who would like a space to process the impact of racial trauma and systemic racism. *groups will be led by therapists of color who work at the UCC.

Coping Skills: Managing Perfectionism

Thursdays, January 7th, 14th, 21st and 28th at Noon-1pm

Zoom ID: 98034767461

Is Perfectionism running or ruining your life? Do you think you might be a perfectionist? This winter break group will cover skills to help you let go of self-criticism and find balance.

Grief and Loss

Thursdays, January 7th, 14th, 21st and 28th at 4 -5pm

Zoom ID: 94173919147

Almost everyone will encounter some loss in life, death of a loved one, friend, someone you knew, a seemingly permanent ending of some relationship. Grief may come with a huge range of feelings and reactions which occur on their own timeline given the individual. Some of these feelings are deep sadness, loneliness, anger, regret, etc.

This group would hope to provide space and support to those along any part of the grief spectrum. Efforts to adapt to such changes can be difficult and impacted by a number of life factors. Use this time to process, open up, and discuss what you are feeling in an open, non-judgmental, and understanding environment.