

SUPPORT GROUPS

AT THE PETERSON COUNSELING CENTER

WEDNESDAY

Transgender Support Group

11:30 a.m. – 12:45 p.m.

This group is for individuals who identify as FTM and MTF. The group addresses a variety of topics from hormone treatment to navigating different spaces.

If interested, please contact Center for details regarding location.

THURSDAY

Finding Balance: Stress Management Group

11:30 a.m. – 12:15 p.m.

At times, college can be really stressful. Attend this group to learn a variety of effective relaxation and coping skills to maintain life balance. Group includes guided relaxation exercises, interacting with registered therapy dog, Tux, mind body techniques, and creative self-care strategies. Carve out an hour of your day to recharge – you deserve it!

FRIDAY

Beyond the Binary

11:15 a.m. – 12:30 p.m.

This group provides a space for folks who identify as non-binary to find support and community amongst each other and address both concerns and successes.

If interested, please contact Center for details regarding location.

Rest and Revive

3:30 p.m. – 4:30 p.m. | Fitness Center Group Room

Last Friday of each month: Jan. 25, Feb. 22, Mar. 29, Apr. 26

Through short sequences of restful poses without effort, you will be guided into a peaceful body/mind meditation experience. This class enables students to let go of the stresses of daily demands—including the need to do things right and pressure to achieve. Come and truly let go of physical and mental stress!

**CALL (941) 893-2855 OR
EMAIL COUNSELING@RINGLING.EDU
FOR MORE INFORMATION**