

# Counseling Center Group Descriptions

*Process Groups: Opportunity for students to engage in a semester long group where they may build community, learn new skills, and process through areas of challenge*

## **Circle of Support:**

Moving through Grief and Loss Grief is a natural response and is both universal and deeply personal in nature. This process-oriented group will offer a supportive setting for the exploration of a variety of grief and loss experiences. We will hold a safe space for connection, expression of feelings related to loss, shared messages of hope, and insights regarding the process of moving forward after a loss. We will explore opportunities for creative expressions of the grief experience and welcome diverse pathways for navigation of the grieving process.

**Circle of Support Group**

a safe space for connection, expression of feelings related to loss, shared messages of hope, and insights regarding the process of moving forward after a loss.

Hosted by the Rhodes Student Counseling Center  
For more information: [counseling@rhodes.edu](mailto:counseling@rhodes.edu)

## **Expressive Arts:**

This is a process group that allows members to create unique opportunities to explore ways to better understand emotions, thoughts, memories, and experiences. This group may use a variety of methods including visual arts, music, and writing to achieve emotional release through creative exploration. The goal of this group will be to learn how to better connect with yourself, have a safe space for learning and growth, and to increase emotional well-being.



*Drop In groups: Opportunity for students to “drop in” as they see fit without commitment*

**Sexuality and Gender Identity and Expression Group:**

This is a group open to all students who identify as gender, sexual or romantic minorities to come together in a supportive and safe environment to share their individual and interpersonal struggles and joys, as well as learn more about themselves. Typical themes include, relationships, intersection of identities, empowerment, and minority and relational stress. Diverse viewpoints will be welcomed and equally respected.

**SEXUALITY AND GENDER  
IDENTITY AND EXPRESSION  
GROUP**

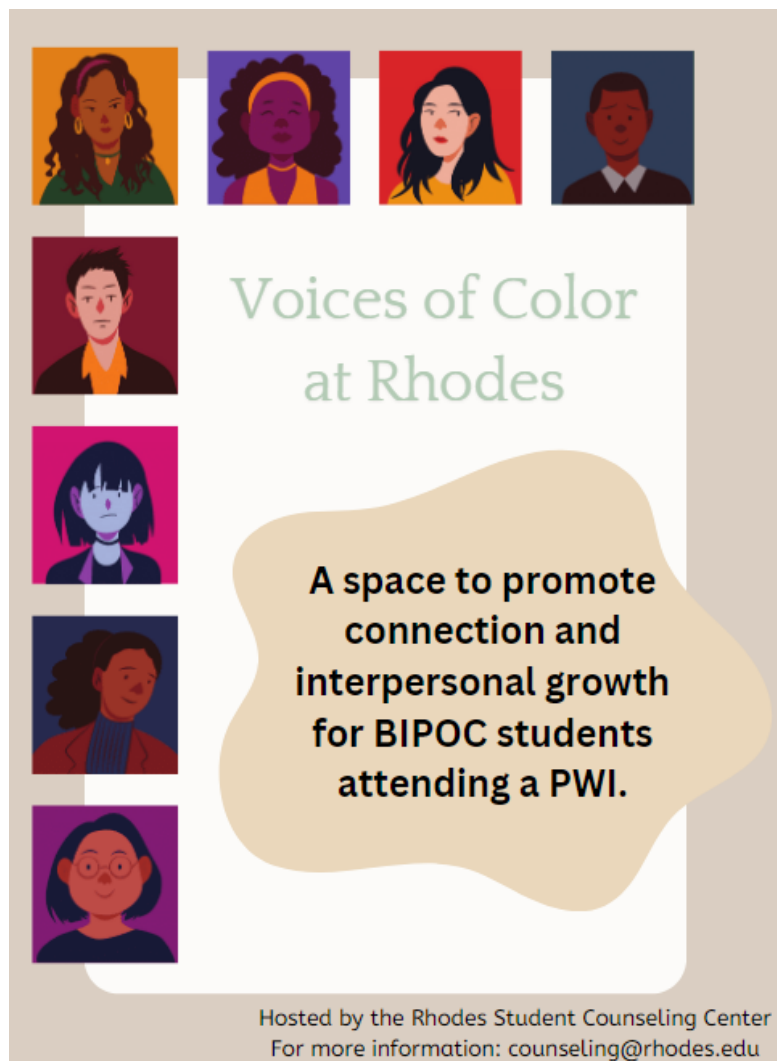
THIS IS A GROUP OPEN TO ALL STUDENTS WHO  
IDENTIFY AS GENDER, SEXUAL OR ROMANTIC  
MINORITIES TO COME TOGETHER IN A SUPPORTIVE  
AND SAFE ENVIRONMENT TO SHARE THEIR INDIVIDUAL  
AND INTERPERSONAL STRUGGLES AND JOYS, AS WELL  
AS LEARN MORE ABOUT THEMSELVES.

**STRONGER  
TOGETHER**

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## **Voices of Color at Rhodes:**

This is an open discussion group that allows connection, self-empowerment, interpersonal exploration, and support for students of color. Students will be supported as they express their experiences and feelings regarding attending a predominantly white institution. This group will allow students to process interpersonal situations and how they impact their personal and academic growth.



**Voices of Color  
at Rhodes**

**A space to promote  
connection and  
interpersonal growth  
for BIPOC students  
attending a PWI.**

Hosted by the Rhodes Student Counseling Center  
For more information: [counseling@rhodes.edu](mailto:counseling@rhodes.edu)

## **Recovering at Rhodes:**

This group is for anyone who wants to join with other members of the Rhodes community in seeking to live in emotional and chemical sobriety. The group will be conducted according to Twelve-Step principles and is open to everyone.

**RECOVERING  
AT RHODES**

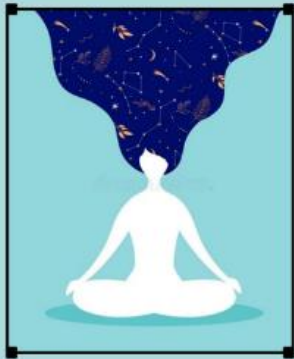
**RECOVERY  
IS A  
PROCESS.**

This group is for anyone who wants to join with other members of the Rhodes community in seeking to live in emotional and chemical sobriety. The group will be conducted according to Twelve-Step principles and is open to everyone.

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FOR MORE INFORMATION: [COUNSELING@RHODES.EDU](mailto:COUNSELING@RHODES.EDU)

## **Mindfulness/Coping Skills Mindfulness:**

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes. Please join us as we learn more about being mindful and living in the present. In this group, we will learn how to step out of autopilot and step into our selves. Recognize our emotions and feelings, acknowledge those emotions, while remaining in the present space; learn to allow and be present.



**COPING  
MINDFULLY**

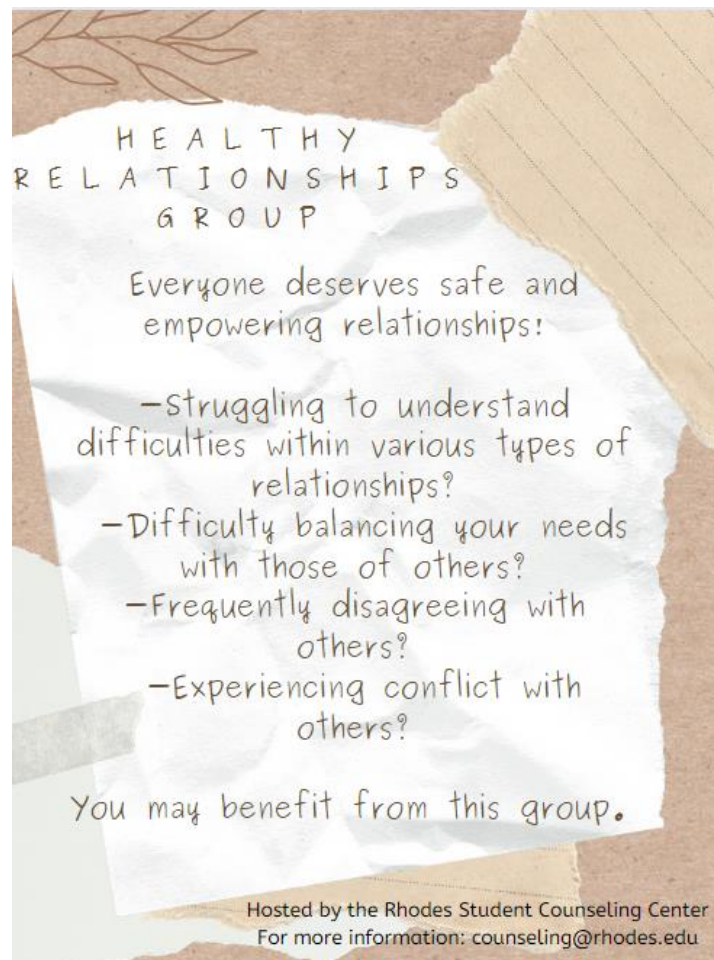
YOUR BODY IS THERE, BUT IS  
YOUR MIND?

*Learn how to step out of autopilot and step into yourself. Recognize our emotions and feelings, acknowledge those emotions, while remaining in the present space; learn to allow and be present.*

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## Healthy Relationships Group:

Everyone deserves safe and empowering relationships! Whether they be with romantic partners, friends, family members, or co-workers, relationships are an important part of leading a healthy and fulfilling life. This group focuses on building more fulfilling relationships and a balanced life with less conflict. It will help you enhance your well-being by showing you how to develop healthier relationship skills based on your own personal values and what you want your life to be.



HEALTHY  
RELATIONSHIPS  
GROUP

Everyone deserves safe and  
empowering relationships:

- struggling to understand  
difficulties within various types of  
relationships?
- Difficulty balancing your needs  
with those of others?
- Frequently disagreeing with  
others?
- Experiencing conflict with  
others?

You may benefit from this group.

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## **Divergent Minds:**

College is a time for growth and connection which can be harder than it sounds for many people. This group is for any student who identifies as neurodivergent and wants to connect with and learn from others who may have similar experiences. Students will be able to come together, in a space where differences are common and accepted, to engage in activities and discussion focused on shared and unique personal experiences, struggles, and successes.

