

Counseling Center Group Descriptions

There must be at least 3 interested students for a group to meet.

Closed 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. After the group has been established, anyone else who is interested would have to wait until the beginning of next semester.

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. This group is open to all interested Rhodes students.

Circle of Support Group

Grief Processing

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

Hosted by the Rhodes Student Counseling Center
For more information: 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. This group is open to all interested Rhodes students.



Open Groups: New members can join throughout the semester. These are more skill and coping based, versus process based (closed groups).

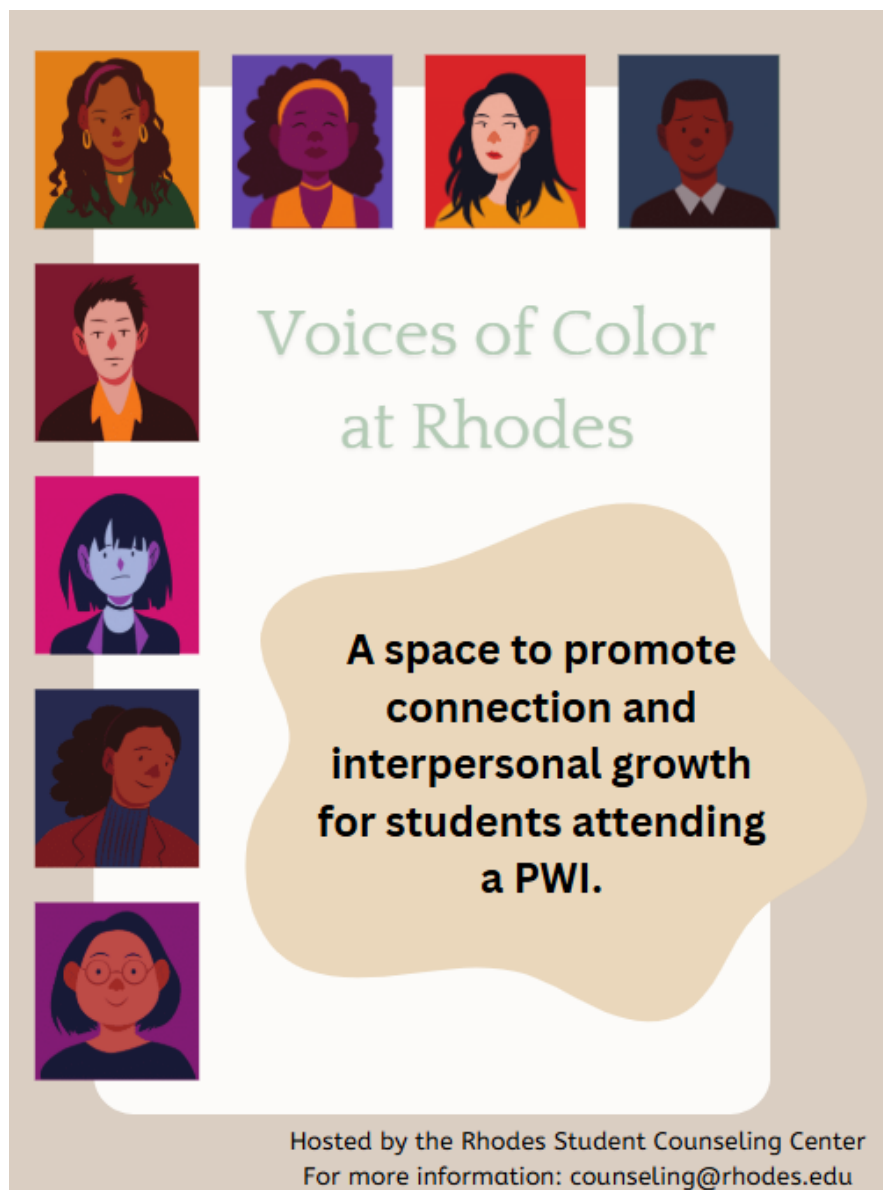
Sexuality and Gender Identity and Expression Group:

This is a group open to all students to come together in a supportive and safe environment to share their individual and interpersonal struggles and joys related to sexuality and gender identity and expression, 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. This group is open to all interested Rhodes students.



Voices of Color at Rhodes:

This is an open discussion group that allows connection, self-empowerment, interpersonal exploration, and support. 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. This group is open to all interested Rhodes students.



The poster features a central white rectangular area on a light beige background. On the left side of this area, there are ten stylized, colorful illustrations of diverse people's faces, arranged in two columns of five. The top row consists of four portraits: a woman with long dark hair on an orange background, a woman with curly hair on a purple background, a woman with long dark hair on a red background, and a man with short dark hair on a dark blue background. The second row has one portrait: a man with short dark hair on a dark red background. The third row has one portrait: a woman with short dark hair on a pink background. The fourth row has one portrait: a woman with long dark hair on a dark blue background. The fifth row has one portrait: a woman with short dark hair and glasses on a purple background. In the center of the white area, the text "Voices of Color at Rhodes" is written in a green, sans-serif font. Below this, a large, light beige, irregularly shaped bubble contains the text "A space to promote connection and interpersonal growth for students attending a PWI." in a bold, black, sans-serif font. At the bottom of the white area, the text "Hosted by the Rhodes Student Counseling Center" and "For more information: counseling@rhodes.edu" is written in a small, black, sans-serif font.

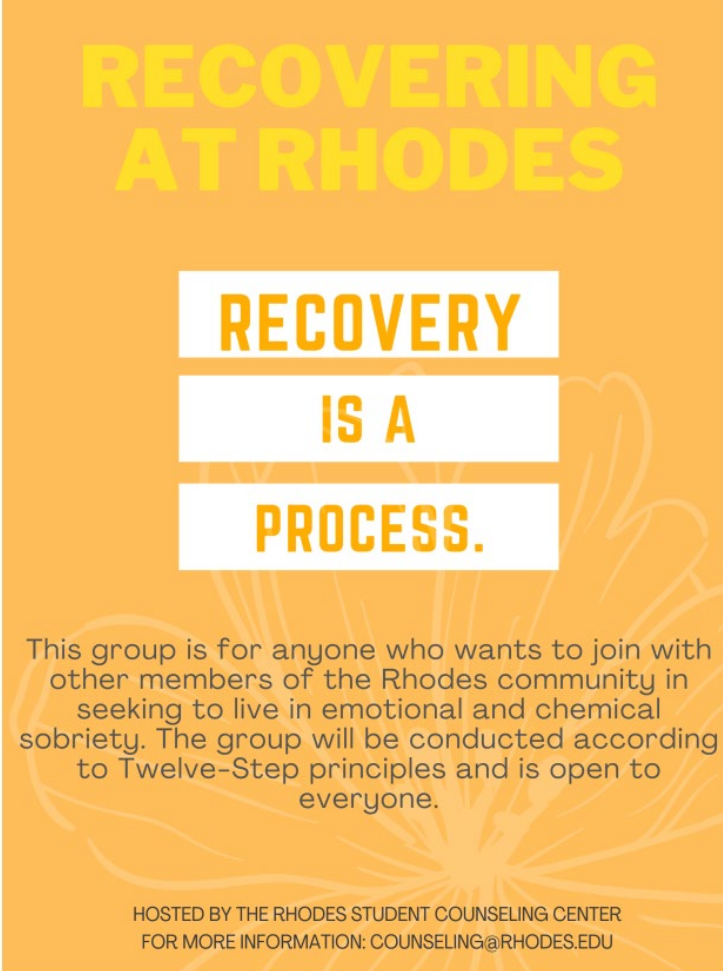
Voices of Color
at Rhodes

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

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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. This group is open to all interested Rhodes students.



**RECOVERING
AT RHODES**

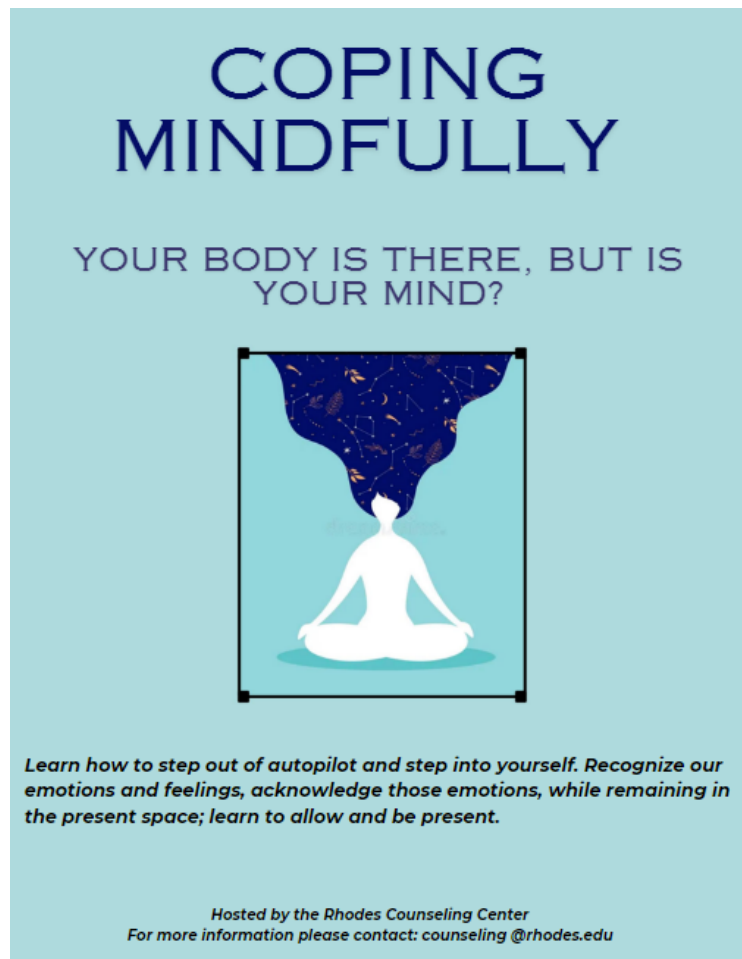
**RECOVERY
IS A
PROCESS.**

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.

HOSTED BY THE RHODES STUDENT COUNSELING CENTER
FOR MORE INFORMATION: COUNSELING@RHODES.EDU

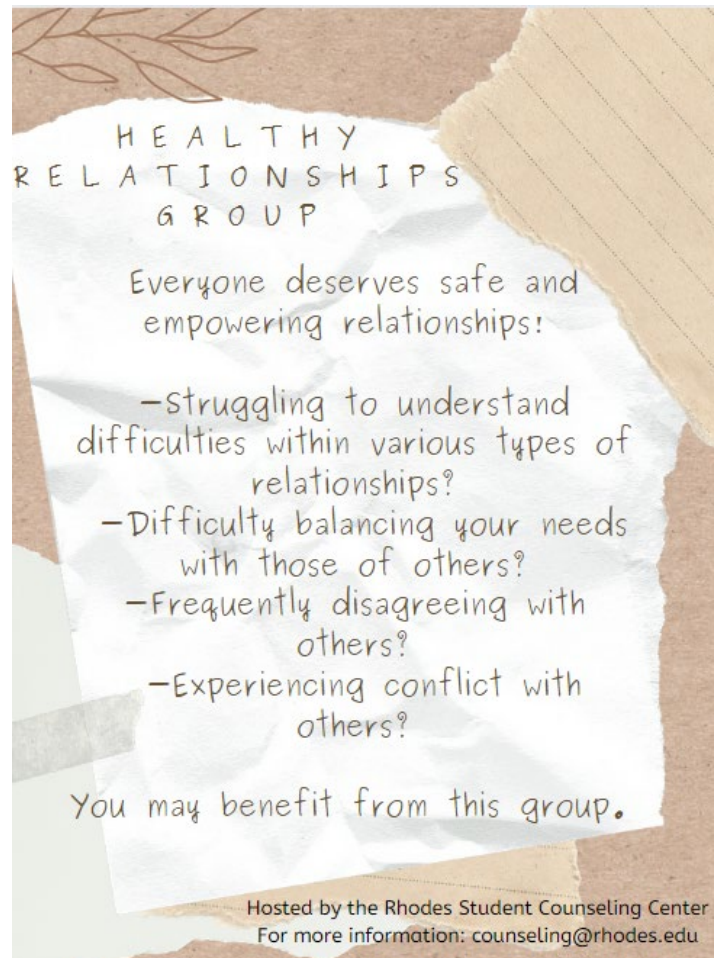
Mindfulness/Coping Skills Mindfulness:

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. This group is open to all interested Rhodes students.



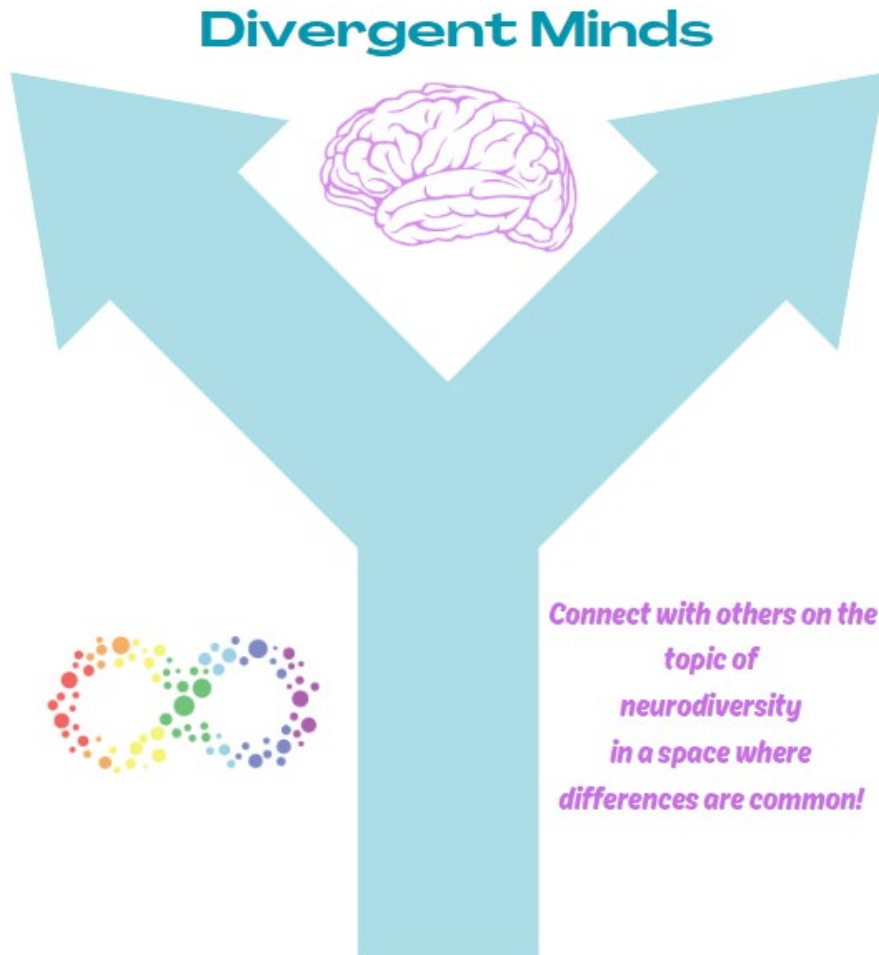
Healthy Relationships Group:

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. This group is open to all interested Rhodes students.



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 wants to connect with others on the topic of neurodivergence 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. This group is open to all interested Rhodes students.



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