Why try a group?
Group counseling is considered the most effective therapeutic setting for many of the issues that affect undergraduate and graduate students. Our group leaders help you share experiences, learn new perspectives, and experiment with new behaviors in a safe and supportive environment. Through this process, you develop insights, tools, and techniques that you can use to improve your quality of life. Groups typically meet for 60 to 90 minutes once a week.

How to get started?
If you are interested in joining or learning more about our groups call the counseling center at 414-288-7172 and ask to talk to an on call counselor. The on call counselor can answer any of your questions and explain how you can get signed up for a group. If you are already receiving services at the counseling center, talk to your counselor about your interest in group.
Whatever it Takes:
Sobriety Group
This group provides an opportunity for students to come together to support one another in sobriety from alcohol and other drugs, and in leading healthy lives.
TBD; Brenda Lenz

Circle of Healing
This group is offered to break the isolation and offer survivors a safe space to connect with others who have had a similar experience and to learn effective skills at coping with the many normal feelings that come after an assault.
TBD; Lynn O’Brien

Survive and Thrive in Grad/Professional School
This group will provide not only support, but also skills for reducing stress so that you can create the experience you want in graduate and professional school.
Fridays 11-12:30; Mike Zebrowski

Taking Action Groups
Taking Action Groups are often the treatment of choice for people who experience troubled relationships, loneliness, depression, anxiety, and low self-esteem. These groups offer a safe environment to identify and explore feelings; to give and receive support and feedback; to practice new, healthier ways of relating to others; and to share and learn from one another.

Tuesdays
2:30-4pm; Maria Olafsson and Nick Jenkins

Fridays
1 – 2:30 pm; Chris Daood and Laura Gray
2:30-4pm pm; Angela Zapata and Laura Lubbers

Mindful Living Group
This group will help participants incorporate focused awareness into their lives, particularly in the areas of academics and studying, relationships, moods and stressors, eating, and generally helping members to develop a more balanced, purposeful, and aware lifestyle. The group will combine activities that promote mindfulness with reflection and discussion about ways members can be more present and effective in their daily lives.
Thursdays 2-3:30; Laura Lubbers and Deahdra Bowier

Create Your Own Calm
This group is based on four components which are designed to increase skills in mindfulness, identifying and managing difficult emotions, and building healthy relationships. The sessions are designed to teach students skills in these areas in a structured and supportive environment.
Wednesdays; 2:30-4 Leslie Skaistis and Kate Koenig