FAU students that participate in group counseling are saying …“I realize I am not alone.”
### Gender Journey Group
- Is open to students who identify as transgender/gender non-conforming.
- The purpose of the group is to provide support and explore the challenges and joys of integrating one’s gender identity. Topics may include coming out, transitioning concerns, and other relevant issues.

### LGBQ Support Group
- Is open to students who identify as lesbian, gay, bisexual, transgender, queer or questioning.
- This group fosters connection and emotional support while exploring themes relevant to the lives of LGBQ students including but not limited to: relationships with friends/family/partners, coming out, being out in different contexts, and identity intersections.

### Mindfulness
- Meets for 80 minutes for 5 sessions.
- The group utilizes a meditative way of being called “mindfulness” that research has shown to be effective at reducing stress, anxiety, and depression.
- Individuals learn how to be more present, slow-down, and pay attention to the moment while managing their hectic lives.

### DBT Skills
- Meets between 8 sessions for 80 minutes.
- Dialectical Behavior Therapy (DBT) is an evidence-based treatment that is intended to help people create a life that feels more meaningful and worth living.
- Participants will learn skills to develop mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.
- We will be accepting the current situation and also actively working on change.

### Students of Color
- This is a support group for students of color where members discuss concerns or situations and receive and provide encouragement, feedback, and advice.
- An added benefit is that this provides a safe space to discuss concerns related to being a person of color if they were to arise.

### Anxiety and Stress Management
- Meets for 90 minutes for 6 sessions.
- Members participate in a group by learning skills and discussing their experiences of stress and anxiety, including awareness of symptoms of anxiety, triggers for stress, and efforts to use coping skills and practice new skills learned in group.

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