

Student Wellness Services

Spring 2025

Counseling Groups

- Meets every Wednesday 1-2:30pm:
The power of the pause & other healthy communication skills.
- Meets every Thursday 3-4:30pm:
U!Shine Healthy Habits-Gain insight and tools to help improve your overall mental & emotional health.

***Groups will begin the week of
January 20th in SU-229***

To join group or to request an accommodation due to a disability, contact Student Wellness Services at (580)745-2988.

