Counseling Services offers a variety of groups each semester. Specific information about the groups is listed below. Groups are open to all registered YCP Students and will meet in Counseling Services located in the Student Union, Lower Level, Wellness Center, Room 120. Groups are strictly confidential (a signature for confidentiality is required). To register with a group click on the link at the bottom of this flyer. Feel free to call Counseling Services at 717.815.6437 or email counselgroups@ycp.edu should you have any questions.

**Just Breathe—the Art of Mindfulness**
Practice mindfulness-based relaxation techniques. This group teaches mindfulness-based skills to better manage daily stressors, increasing one’s health and wellbeing. These techniques are practiced during each session. The meeting day and time is TBD.

**One Day at a Time**
Connect with others that have a loved one whose substance use impacts your life. Join us in learning ways to move forward in a positive direction. The meeting day and time is TBD.

**Art Techniques for Survivors of Sexual Violence**
Discover ways to manage your thoughts and reactions in a safe environment. Learn creative methods to express yourself through art. Move forward, feel empowered, and gain a sense of control. The meeting day and time is TBD.

**Food and Moods**
Find balance in eating, activity level, and self-image. Participate in creative and nurturing activities in a safe environment where you can be yourself. The meeting day and time is TBD.

**Cool Down**
Learn to manage your anger and frustrations. Gain a greater understanding of your emotions, and increase your skills for controlling your anger. The meeting day and time is TBD.

**Grief & Loss**
Receive support during the grieving process and learn effective coping after experiencing a loss. Individuals with a loved one experiencing terminal illness are welcomed to attend. The meeting day and time is TBD.

Register for the groups at the link below
[Student Groups Fall 2019](#)