COUNSELING SERVICES
STUDENT GROUPS
SPRING 2021

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 virtually through a zoom invite by Counseling Services to those who register. 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 counselingservices@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. Meeting day and time TBD.

- **One Day at a Time**
  Open and confidential discussion of substance use and the impact it may have on current life situations. Any student, regardless of the substance used, is welcome. Meeting day and time TBD.

- **Self-Matters**
  Learn ways to increase your self-esteem while engaging in helpful discussion with peers. This group will take a creative look at ways to be your best self. Meeting day and time TBD.

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

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

- **Creative Coping**
  Utilizing the arts to connect with others. In this group, creativity will be used to identify, express, and cope with your difficult thoughts, feelings, and life’s challenges. This group is a therapeutic, safe place to learn about yourself and others in a unique way. Meeting day and time TBD.

Register for the groups at the link below
[Register Here!]