

# Psychological Counseling Center

## Groups for Spring 2023



To join one of these groups or to learn more, contact us at **(845) 257-2920** to set up a meeting with the facilitator. For up-to-date info check out our IG [@newpaltzpcc](#).

### ❖ **Slay this Way**

*Wednesdays, 12:30 p.m. – 2:00 p.m., facilitated by Loucricia Brown, LCSW*

This group is inclusive to students who identify or are in question as: genderfluid, genderqueer, non-binary, transgender, two-spirit, agender, and intersex, and underlines the principle that each person gets to author our own narrative. We will discuss self-care, coping strategies, and use shared experience to inspire hope that it is possible to be trans in the world, and have a thoughtful and healthy relationship with oneself.

### ❖ **Wise Mind II**

*Wednesdays 2:30 p.m. – 4:00 p.m., facilitated by Atalia Lyte, LMHC, DBT-C*

Do you know coping skills, but have trouble using them? Do you feel stuck, and like your emotions are intense and out of control? Wise Mind II is a Dialectical Behavior Therapy (DBT) informed, skill-based group designed to help you apply your skills in tough situations, so that you can feel better able to handle your emotions. Together we will learn specific ways to handle difficult interpersonal situations, and feel more grounded in our decisions.

### ❖ **C3 (Cope, Connect, Create)**

*Tuesdays 2:30 p.m. – 4:00 p.m., Facilitated by Eric Toboika, LMSW & Sarah Burrows, LMHC*

Come create with other new students through this fun interactive visual art-based group. We will focus on using the creative arts to foster connections and explore coping strategies to adjust to campus life. Freshman and Transfer students welcome! No prior art experience necessary and if you have art experience that is great too.

### ❖ **#SkillstoChill Workshop**

*Dates and Times TBD, facilitated by Sarah Burrows, LMHC*

Stressed out?!! Is anxiety interfering with your ability to do your best academically or with your comfort in social situations? This workshop teaches you the basics of how your nervous system functions and how to regulate it. Learn skills to reduce your reactivity to the stressors of college life and leave with a stress-busting toolkit to help you feel a little more hopeful and in control.

### ❖ **Positive Masculinity Workshop**

*Dates TBD, 6:00 – 8:00pm at the College Terrace, facilitated by the Positive Masculinity Project*

This interactive workshop is about building relationships and community as we share about the impacts of masculinity. Our goal is to break down the social constructs of masculinity, individualism, and colonization so that we can create a new village of support and safety. This workshop is for all gender identities and all members of the New Paltz community. No need to register, just show up.

**Psychological Counseling Center – A Division of Student Affairs**

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