

SPRING 2024

Group Counseling

Lincoln Park - Loop - Online - FREE!

APIDA Support Group

In-person (LPC)
THURSDAYS @ 1 pm

Balancing Acceptance & Change

In-person (LPC)
WEDNESDAY @ 2 pm

Black Men's Therapy Group

Online
FRIDAYS @ 12 pm

Disarm Depression

In-person (LPC)
THURSDAYS @ 3 pm

Gathering Around Grief

Online
FRIDAYS @ 1 PM

Support for Survivors of Sexual Violence

In-person (LPC)
FRIDAYS @ 10:30 am

Self-Compassion for Academic Success

In-person (LPC)
TUESDAYS @ 11 am

Latinx Student Support

In-person (LPC)
FRIDAYS @ 3 pm

Mindfulness-Based CT Group

In-Person (LPC)
THURSDAYS @ 3 pm

Q-mmunity LGBTQ Support Group

In-person (LPC)
FRIDAYS @ 1 pm

Understanding Self & Others

In-person (LOOP)
THURSDAYS @ 4 pm

Understanding Self & Others

In-person (LPC)
WEDNESDAYS @ 1 pm

