Anxiety and Depression Process Group
Lincoln Park, Tuesdays 2:00-3:30 pm
Lincoln Park, Thursdays 3:30-5:00 pm
In this group, students come together to discuss their experiences with anxiety and depression and how these symptoms affect various areas of life including academics, family, relationships, socializing, self-esteem, and other issues. Group members will have input on specific topics, which may include social, academic, family, or other issues. This group is designed to provide members with a safe place to process, explore coping strategies, or just share what it is like to live with these feelings. Both undergraduate and graduate students are encouraged to attend.

For more information, please contact:
Tuesday Group, Bari Guibord at (773) 325-7817
Thursday Group, Lauren Hussar at (773) 325-4767

Women’s Group
Lincoln Park, Mondays 5:00-6:30 pm
This weekly, ongoing, interpersonal process group is for undergraduate and graduate women looking for a safe and confidential space to better understand themselves and others in relationships.

For more information, please contact:
Anmol Satiani at (773) 325-7952

Understanding Yourself in Relationships
Loop, Wednesdays, 5:00-6:30 pm
This weekly, ongoing group is for students who would like to better understand and improve the quality of relationships with friends, family, and significant others. Students may explore what they would like to get from their relationships, how early family experiences impact their current relationship patterns, how they cope with changing levels of intimacy, etc. Members can use the interpersonal interaction of the group to learn about themselves, try new behaviors, and clarify confusing feelings within a supportive, yet challenging and growth-producing atmosphere.

For more information, please contact:
Matt Wadland at (312) 362-5413

Men’s Group
Loop, Thursdays 2:00-3:30 pm
Male students who identify as bisexual, gay, queer, questioning, or any other personally meaningful term are encouraged to join this safe and confidential weekly group exploring the many factors (race, religion, ethnicity, social class...) that can affect our experience, identity and connection to others. The intent of the group is to provide support, expand perspectives, build connections and challenge preconceived views of the world and those around us.

For more information, please contact:
Matt Wadland at (312) 362-5413

*Please note that students must meet with group co-leaders before attending weekly meetings