

Macaulay Wellness Center's Spring 2022 Virtual Group Counseling Options

Emotional Intelligence: 101

Mondays 2:30pm-3:30pm, starting February 28th-April 4th

Facilitators: Dorene Ng, Associate Director of Clinical Services & Laurel Reiter, Social Work Intern

Do you want to know more about regulating emotions? How to cope with the emotional stress of being a college student during the pandemic? During this 6-week group, you can meet other students in similar situations to build skills on how to manage difficult emotions, while being able to foster healthy relationships with those around you.

Easing Back In: Managing Changes & Stress

Tuesdays 3pm- 4pm, starting February 22nd-March 29th

Facilitator: Dorene Ng, Associate Director of Clinical Services

A new semester can mean new changes and transitions, especially this Spring semester as in-person classes are more common and we are no longer just working from home. Join this 6-week group to discuss strategies to manage the upcoming semester and reduce stress. Start your Spring semester gaining new skills for time management, organization, and stress management.

Unpacking the College Experience: Growth, Change, & Reflection

Fridays 4pm -5pm, starting February 25th-May 13th

Facilitators: LaMar Holmes & Siena Vaccara, Mental Health Counseling Interns

This virtual-interpersonal processing group space aims to reflect on the different facets of university stress and the MHC experience. If you feel that college is not what you expected or you feel wary towards change and unknowns, this group can help you manage these experiences. We will provide a support space for you to express your fears, share multiple perspectives, and gain peer insight. Topics that will be discussed include: adjusting to COVID-19, personal identity growth, professional and social life expectations.

*Groups are open to all current
Macaulay Honors College
students.*

*Register for a group by emailing:
Wellness@mhc.cuny.edu for a
consultation.*

*Registration is open until
February 18, 2021.*