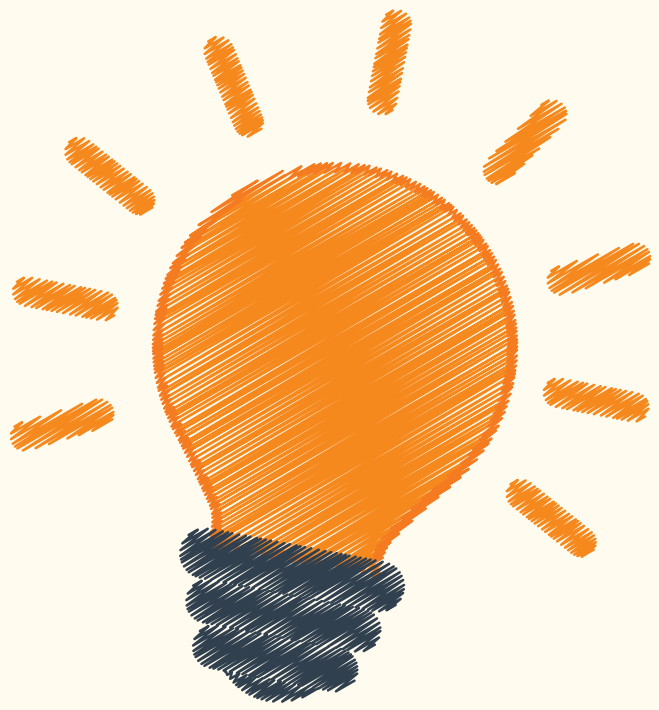


Group Counseling

Check out our Fall 2021 group counseling opportunities starting in a couple weeks! Email us today to join!



RIO-Recognition, Insight, Openness

Mondays 9/20 1:00-1:50pm

RIO is a 3-week workshop that teaches skills to handle painful thoughts and feelings effectively, in such a way that they have much less impact and influence.

Bori Kim- bori.kim@moody.edu

Rachel Fullom- rachel.fullom@moody.edu

Sistah-Talk

Wednesdays 9/22 3:00-3:50pm

Sistah Talk is a safe space for Black women to process their unique experiences on campus, while gaining empowerment and support. The group will meet for 6-weeks.

Sharina Porter- sharina.porter@moody.edu



Coping Clinic

Thursdays 9/23 11:30-12:30pm

Coping Clinic is a 6-week psycho-educational/process group designed to help gain insight and awareness of emotions and triggers. The goal is to improve one's ability to cope in many areas of life and gain overall wellness.

Tanya Pashkuleva- tanya.pashkuleva@moody.edu

Rachel Fullom- rachel.fullom@moody.edu



Counseling Services

Smith Hall-3rd Floor

P: (312) 329-4354

counselingservices@moody.edu