

Breaking Barriers

GROUP PSYCHOEDUCATION

MONDAY

11 AM- 12 PM **Finding Your Anchor**

5- 6 PM **R.E.S.T** (Recharge, Energize, and Self Reflect Together)

6 - 7 PM **Can We Just Talk?**

6:30 - 7:30 PM **Ride The Waves Together**

TUESDAY

12:30 - 1:30 PM **Let's T.A.L.K.** (Take Action, Listen and Be Kind)

3 - 4 PM **Help! I'm Too Busy To Be Stressed**

4 - 5 PM **Lean On Me**

5 - 6 PM **Time Flies But You're the Pilot**

6 - 7 PM **Find Your Quaranteam**

WEDNESDAY

12:30 - 1:30 PM **Health Is Wealth**

1 - 2 PM **Wellness Wednesday**

2 - 3PM **Recharge Your Rest Routine**

4 - 5 PM **The Rose That Grew From Concrete**

7- 8 PM **Love Don't Cost a Thing**

THURSDAY

10-11 AM **Plan Like A Boss**

7:30 - 8:30 PM **A Moment To Myself**

FRIDAY

11 AM - 12 PM **Recharge Your Rest Routine**

12 - 1 PM **Talk Gritty to Me: Developing Resiliency**

1 - 2 PM **R.E.L.A.X**



Register by calling The Office of Student Affairs at (954) 262 7031

Learn more by visiting our website www.nova.edu/studentcare or emailing nsucareteam@nova.edu

BREAKING BARRIERS

GROUP PSYCHOEDUCATION

MONDAY

11 AM- 12 PM Finding Your Anchor *In our fast-paced world, where the increasing demands of living, places enormous stress on all people, mindfulness has been proven to assist mental, emotional, and physical balance. Join us as we build better habits to manage stress and live in the moment.*

5- 6 PM R.E.S.T (Recharge, Energize, and Self Reflect Together) *Come REST with us . Explore your self-care routine, develop better habits, and start 2021 as a healthier, happier you!*

6 - 7 PM Can We Just Talk? *This group will help you discover your communication style, learn how to set boundaries, and understand how to resolve conflicts through assertive interpersonal communication.*

6:30 - 7:30 PM Ride The Waves Together *This group doesn't have a specific theme. It's for people who need support, and they may not feel like they fit in another group. It's a catch-all group.*

TUESDAY

12:30 - 1:30 PM Let's T.A.L.K. (Take Action, Listen and Be Kind) *Effective strategies to develop better interpersonal and communication skills with self and others.*

3 - 4 PM Help! I'm Too Busy To Be Stressed *Stress management group, description: Decrease feelings of stress while providing life skills to manage daily stress. Students will also build healthier school, work and life balance.*

4 - 5 PM Lean On Me *An educational group for students looking to build and maintain healthy person-to-person connections.*

5 - 6 PM Time Flies But You're the Pilot *A skill-building group aimed at helping students develop meaningful and lasting time management skills.*

6 - 7 PM Find Your Quaranteam *This group focuses around everything that COVID impacts -- social isolation, worries about your health/loved ones health, financial stress, etc.*

WEDNESDAY

12:30 - 1:30 PM Health Is Wealth *This group will provide you the tools to decrease feelings and experiences of current stress while providing life skills to help manage stress on a day-to-day basis. By the end of the sessions, students will learn to create a healthier school, work, and life balance.*

1 - 2 PM Wellness Wednesday *Throughout the next few weeks you will learn a research based model of wellness as well as how to apply and integrate self-care practices into your daily life.*

2 - 3PM Recharge Your Rest Routine *We'll be talking about sleep hygiene and how that plays a role in falling asleep and staying asleep. We will also be talking about the impact of sleep in your day-to-day life.*

4 - 5 PM The Rose That Grew From Concrete *Learn how to work through difficult circumstances and come out even stronger than before.*

7- 8 PM Love Don't Cost a Thing *The purpose of this group is to provide students the tools needed to initiate and maintain healthy relationships, whether it be professional, peer, family, or romantic relationships.*

THURSDAY

10-11 AM Plan Like A Boss *A skill building group that will help you find your study prime through organizational strategies as well as tips and tricks to optimize your time management.*

7:30 - 8:30 PM A Moment To Myself *This group offers a new mindfulness/relaxation experience each week followed by open discussions.*

FRIDAY

11 AM - 12 PM Recharge Your Rest Routine *We'll be talking about sleep hygiene and how that plays a role in falling asleep and staying asleep. We will also be talking about the impact of sleep in your day-to-day life.*

12 - 1 PM Talk Gritty to Me: Developing Resiliency *Students will explore the importance of resilience in achieving success. They will learn to set goals and develop skills and strengths that will help them persevere in their personal, academic, and professional careers.*

1- 2 PM R.E.L.A.X *This group helps to recognize stress, learn exercises to release anxiety, let go, and discover tips and tricks to decreasing and managing stress.*

Call The Office of Student Affairs (954- 262-7031) to register