

COLLEGE SURVIVAL KIT EXPRESS TO SUCCESS

Spring Semester 2025

The University of Akron
Counseling and Testing Center
Simmons Hall - Room 306

330- 972-7082

Free Support and Skills Groups
Taking Care Week 3/03-3/07/2025

GET STARTED EXPLORE OUR WEBSITE ABOUT COUNSELING SERVICES AND SELF-HELP
INFORMATION

<http://www.uakron.edu/counseling>

[CHECK US OUT ON INSTAGRAM!!](#)



[@uakroncat](#)

SUPPORT GROUPS

Anxiety Management Group

- Group 1: **Thursday 4-5 pm (2/6 - 3/6)**
- Group 2: **Friday 1-2 pm (2/14 - 3/14)**
- Group 3: **Tuesday 4-5 pm (4-1 - 4/29)**
Learn coping strategies for anxiety.

Feel Better Fast Group

- Group 1: **Thursday 2-3 pm (2/6 - 2/27)**
- Group 2: **Monday 4-5 pm (2/24 - 3/17)**
- Group 3: **Friday 11 am-12 pm (4/4 - 4/25)**
Learn techniques to address emotions and improve life functioning.

Mindfulness Group

- **Friday 11 am-12 pm (2/14 - 3/14)**
Learn and practice mindfulness skills.

Befriend Your Body - 4 sessions

- **Monday 4 pm-5 pm (3/31 - 4/21)**
Learn about body image, ways to feel better about your body and boost self-worth.

Building and Strengthening Relationships Group

- Group 1: **Monday 3-4:30 pm, (2/24 - 4/28)**
- Group 2: **Tuesday 2:30-4 pm, (2/4 - 4/29)**
- Group 3: **Wednesday 3:30-5 pm, (2/5 - 4/30)**
- Group 4: **Thursday 3-4:30 pm, (2/13 - 5/1) LGBT Focus**
Learn and apply skills to build successful and lasting relationships with support from others.

BLAkron: Black & Connected

Wednesday 3-4:30 pm, (2/5 - 4/30)
Find support as a Black/African American student.

Discussing Our Choices

- **Monday 2/3, 3 - 5 pm**
- **Friday 3/14, 2 - 4 pm**
- **Friday 5/2, 10 am - 12 pm**
Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.