

# Counseling and Testing Center

## College Survival Kit Groups Dates for Fall, 2021

Call 330-972-7082 to reserve your place in the groups

### NATIONAL DEPRESSION SCREENING DAY

National Depression Screening Day – Thur., Oct 14 (10 min. screenings in STUN Piano Lounge) 11 am-2:00 pm

National Depression Screening Day - Thur., Oct 14 (10 min. screenings Polsky 3<sup>rd</sup> floor Atrium) 11 am-1:00 pm

### Support Groups

*The Support Groups in this section can't be used for extra credit. Persons attending these commit to attending the series.*

Feel Better Fast	Friday, Sept. 24 – Oct. 15	11 a.m. – 12 p.m.
Feel Better Fast	Monday, Oct. 11 – Nov. 1	2 p.m. – 3 p.m.
Feel Better Fast	Thursday, Oct. 28 – Nov. 18	2 p.m. – 3 p.m.
Supersize Your Relationships	Monday, Oct. 4 – Nov. 29	3:00 p.m. – 4:30 p.m.
Supersize Your Relationships	Tuesday, Sept. 21 – Nov. 30	2:30 p.m. – 4:00 p.m.
Supersize Your Relationships	Wednesday, Sept. 29 – Dec. 1	3:30 p.m. – 5:00 p.m.
Supersize Your Relationships	Thursday, Sept. 23 – Dec. 2	3:00 p.m. – 4:30 p.m.
Anxiety Management	Wednesday, Sept. 22 – Oct. 20	2 p.m. – 3 p.m.
Anxiety Management	Friday, Oct. 8- Nov. 5	1 p.m. – 2 p.m.
Anxiety Management	Tuesday, Oct. 19 – Nov. 16	1 p.m. – 2 p.m.

### BLAkron: Black & Connected

Tuesdays 9/28-11/23                      3 p.m-4 p.m.                      Bierce Library 61

### Discussing Our Choices

Mon., Sept. 27	3 p.m. – 5 p.m.
Fri., Oct. 29	10 a.m – 12 p.m.
Fri., Dec. 03	10 a.m. – 12 p.m.

Check out group descriptions on our website. [www.uakron.edu/counseling](http://www.uakron.edu/counseling)