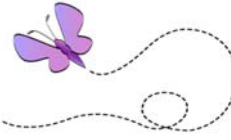


# Grief Support Group



Counseling Services is offering a new grief support group is for undergraduate and graduate students who have experienced a recent loss through the death of a close friend or family member. Goals of the group are to provide members with guidance and information from a knowledgeable professional, provide members a safe space to share with others about their experience, and to give members the opportunity to listen to and offer support for others who have had a similar experience.

Students interested in participating in the group should contact Susan Nagy in Counseling Services at [nagys@philau.edu](mailto:nagys@philau.edu).

## MINDFULNESS FOR GRADUATE STUDENTS!

Counseling Services will be starting a monthly mindfulness workshop for all graduate students this semester. Topics will include guided meditation, breathing techniques, and other mindfulness activities designed to help students manage stress and increase self-care. This workshop will also serve as a space for students to support each other and brainstorm ways to incorporate wellness activities into their very busy lives.

Students interested in participating in these workshops should contact Kristina Lohre in Counseling Services at [lohrek@philau.edu](mailto:lohrek@philau.edu).