

STUDENT CONFLICT RESOLUTION SERVICES



Student Confidential Mediation, Legal, and Judicial Services are FREE to enrolled students! Need to talk? Stop by or Call

Student Life Services Building

The Grove scrs@tamu.edu (979) 847-7272 studentlife.tamu.edu/scrs al others injured Wednesday.

The large group from San Jose State University's Pi Alpha and Lambda Phi Epsilon fraternities gathered about midnigh a suburban park. Pi Alpha Phi members from the University California, Santa Cruz, also participated, police said. A neight reported the fight.

Four people were stabbed, including a 23-year-old man who died at a hospital. The altercation apparently grew from a disagn ment at a pool hall on Monday and the groups agreed to meet in park to settle things, said Sgt. Steve Dixon, a police spokesman.



Anxiety Group Wednesdays 3:30-5:00 p.m.

lifestyle issues/relapse prevention.

Facilitator: Nancy Stebbins

An interpersonal group for students who suffer from general or social anxieties. Students will work on the impact of anxieties in their lives, as well as explore the interpersonal meanings of anxiety symptoms.

Bipolar Support Group

Tuesdays 3:30-4:30 p.m.

Interpersonal Counseling Group

Tuesdays 5:00-6:30 p.m. Wednesdays 1:00-2:30 p.m.

This psychotherapy group is for students desiring to live more

authentically with themselves and relate more genuinely with

others. Explore self-limiting life patterns and share with others

through honest self disclosure in a safe, supportive atmosphere.

Biofeedback Workshop

Thursdays 3:40-5:40 p.m.

One-session workshops that give an introduction to relaxation

techniques, including how biofeedback aids in relaxation.

Facilitators: Ron Lutz & Peter Barnes (Tues.)

Ron Lutz & David Sandrow (Wed.)

Facilitators: Carlos Orozco & Peter Barnes

Texas A&M University

Groups for SPRING 2003

> at the Student Counseling Service

Part of the Division of Student Affairs

Grief and Loss Group Wednesdays 1:30-3:00 p.m. Have you experienced the death of a loved one or friend? Has

Individual follow-up consultation is available.

Facilitator: Steve Wilson

Henderson Hall 979/845-4427 understand the grief recovery process. www.scs.tamu.edu Facilitators: Nancy Welch & Robert Carter

Tuesdays 3:00-4:30 p.m.

an eating disorder. We will discuss topics related to eating concerns such as the development of trusting relationships, expression of feelings, and management of stress. (An individual meeting with a group leader prior to attendance at group required.) Facilitators: Mary Ann Covey & Phil Rash

woman you've always wanted to be. Improve your self-confidence, assertiveness, and relationships by sharing and processing with other women with similar issues

Mondays 5:00-6:00 p.m.

This group is for students who are currently or have previously experienced conflict in interpersonal or romantic relationships, or who have recently experienced a loss of meaningful relationship

Facilitators: Brian Williams & Kristin Ober

Non-Traditional Women's Group Tuesdays 5:15-6:45

For women 23+ allows each member to enter the group with her own unique issues within a group context. Helps women who are wanting to develop healthier ways of dealing with the stress of school, work, relationships, personal problems and family issues

Facilitators: Amanda Samson & Carla Hilland

Academic SURVIVOR Series Tuesdays 11:30-1:00 p.m.

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Need some help surviving the academic transition from school to college? Before "tribal council votes you off," att this Tuesday series beginning March 17th and ending April 29th Screening before Oct. 7th required for participation Facilitator: Patti Collins

Thesis/Dissertation Support Group Wednesdays 5:00-6:30 p.m.

This group is for graduate students struggling with the process writing a thesis or dissertation. Group topics include issues competence, procrastination, anxiety, goal-setting, and bure cratic struggles

Facilitator: Brian Williams

Academics Anonymous Wednesdays 2:20-3:35 p.m.

Motivated to improve your academic performance but find it d ficult to be consistent in your efforts? Join this 9 week supp group on Wednesdays from 4-5:30pm beginning February and ending April 23rd. Learn effective study strategies, and \$ support from others. Topics may include procrastination a building academic confidence. Screening before Sept. 16th required for participation. Facilitator: Patti Collins

Career Exploration Group •Thursdays 4:00-5:30 p.m.

This is a 5 week group beginning on March 20th. Designed teach participants how to make decisions. Groups will ident interests, skills, work values and personality characteristic research the job market and occupation. An initial appoint with a career counselor is required.

Facilitator: Carla Hilland

Texas A&M University has a strong institutional commitment to t principle of diversity in all areas. In that spirit, admission to Texas A&M University and any of its sponsored programs is open to all qualified individuals without regard to any subgroup classification or stereotyp

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your loss affected your concentration or studying? Would you like to share with others who have been through this experience? Come to this supportive group to share with others and to

Spring Groups 2003 Eating Concerns & Body Image Issues Group

Provides information and support for those trying to overcome

Mondays 1:30-3:00 p.m.

Facilitators: Nancy Welch & Kristin Ober

Provides support and information to students diagnosed with a bipolar disorder. Group meets weekly and is led by a psychiatrist.

Women's Issues Group

Come together with other women and work on becoming the

Conflict & Loss in Relationships Group

Potential topics include diagnosis, symptoms, medications, and

