

# COLLEGE SURVIVAL KIT EXPRESS TO SUCCESS

**Fall Semester 2024**

The University of Akron  
Counseling and Testing Center  
Simmons Hall - Room 306  
330- 972-7082

**Free Support and Skills Groups**

**World Suicide Prevention Day - Tuesday 9/10/24**  
**National Depression Screening Day - Thursday 10/10/24**

EXPLORE OUR WEBSITE FOR COUNSELING SERVICES AND SELF-HELP INFORMATION

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

# GROUPS

## Anxiety Management Group

Learn coping strategies for anxiety.

- **Friday 1-2 pm (9/20 - 10/18)**
- **Tuesday 4-5 pm (10/8 - 11/5)**
- **Monday 4-5 pm (10/21 -11/18)**

## Feel Better Fast Group

Learn techniques to address emotions and improve life functioning.

- **Friday 11 am -12 pm (9/27 - 10/18)**
- **Thursday 2-3 pm (10/17 -11/7)**
- **Friday 2-3 pm (11/1 - 11/22)**

## Building and Strengthening Relationships Group

Learn and apply skills to build successful and lasting relationships with support from others.

- **Monday 3-4:30 pm, (10/21 - 12/2)**
- **Tuesday 2:30-4 pm, (9/24 - 12/3)**
- **Wednesday 3:30-5 pm, (9/25 - 12/4)**
- **Thursday 3-4:30 pm, (9/26 - 12/5) LGBTQ+ Focus**

## Mindfulness Group

Learn and practice mindfulness skills.

- **Wednesday 3-4 pm (10/16 – 11/13)**

## BLAkron: Black & Connected

A support group for Black/African American students.

- **Thursday 3-4:30 pm, (10/3 - 12/5)**

## Discussing Our Choices

Learn information on how to make healthy decisions regarding substance use.

- **Monday 9/30, 3-5 pm**
- **Friday 11/1, 10 am -12 pm**
- **Friday 12/6, 1 pm- 3 pm**

## World Suicide Prevention Day

Learn about our services and effective self-care strategies.

- **Tuesday 9/10 12-2 pm (Student Union Piano Lounge)**

## National Depression Screening Day

Learn more about yourself through a mental health screening.

- **Thursday 10/10 11 am- 2 pm (Student Union Piano Lounge)**