

COLLEGE SURVIVAL KIT EXPRESS TO SUCCESS

Spring Semester 2026

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

330- 972-7082

Free Support and Skills Groups

Taking Care Week 2/23-2/27/2026

EXPLORE OUR WEBSITE FOR COUNSELING SERVICES AND SELF-HELP INFORMATION

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

[CHECK US OUT ON INSTAGRAM!](#)



[@uakroncat](#)

SUPPORT GROUPS

Anxiety Management Group

- Group 1: **Friday** 1-2 pm (2/6 - 3/6)
- Group 2: **Wednesday** 2-3 pm (2/18 - 3/18)
- Group 3: **Monday** 4-5 pm (3-30 - 4/27)

Learn coping strategies for anxiety.

Feel Better Fast Group

- Group 1: **Monday** 4-5 pm (2/9 - 3/2)
- Group 2: **Friday** 11 am-12 pm (2/20 - 3/13)
- Group 3: **Thursday** 4-5 pm (4/2 - 4/23)

Learn techniques to address emotions and improve life functioning.

Building and Strengthening Relationships Group

- Group 1: **Monday** 3-4:30 pm, (2/16 - 4/27)
- Group 2: **Tuesday** 2:30-4 pm, (2/3 - 4/28)
- Group 3: **Wednesday** 3:30-5 pm, (2/4 - 4/29)
- Group 4: **Thursday** 3-4:30 pm, (2/19 - 4/30)

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

First Generation Students

Friday 11 am-12 pm, (4/3 - 4/24)

A support space and resources for 1st generation students.

Discussing Our Choices

- **Monday 2/2, 3-5 pm**
- **Friday 3/13, 1-3 pm**
- **Friday 5/1, 10 am-12 pm**

Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.

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