The Counseling and Student Development Center

SHORT TERM SKILLS-BASED GROUPS

These three-session group therapy programs focus on developing skills for living a happier, more productive life. These will be conducted in two different rounds in the semester. Students must be currently residing within the state of Hawai‘i to participate.

BEFIriendIng your ADHD
First Round: Mondays 2:45 pm-4:00 pm | February 22, March 1, and Mar. 8
Second Round: Thursdays 2:45pm-4:30pm | April 15, 22, 29

This three-part series will focus on understanding ADHD by first addressing commonly held misconceptions about attention difficulties and facilitate participants’ awareness of their individual experiences of ADHD. The following sessions will focus on practical tips and strategies for managing ADHD and discuss how to individualize these tools to work for you. While the bulk of this series will focus on skill-development, ample time will also be given for supportive discussion for those who have been struggling to manage their ADHD during this pandemic.

COVID-19 CopIng TOOLBOX
First Round: Thursdays 2:45 pm - 4:00 pm | February 18, 25, & March 4
Second Round: Mondays 2:45 pm - 4:00 pm | April 12, 19, 26

COVID has impacted life as we know it, and many have had to adapt to changes in work, play, education, how we engage in self care, and how we connect with each other. This three-part series will help participants develop strategies to manage this new normal. During the course of the group, we will discuss managing loneliness, reducing stress related to COVID, coping with losses related to COVID.

For more information, scan the QR code below!