Fall 2014

Personal Development Groups

Counseling and Student Development Center
Queen Lili‘uokalani Center for Student Services, Room 312

Contact Number for All Groups: 956-7927

* To participate in these groups, a pre-group screening / preparation meeting with one of the leaders is required. Call to set up an apt with one of the leaders, or to leave a message with any questions.

** The Relaxation / Stress Management Group encourages but does not require a pre-screen / prep meeting.

* Aloha Mānoa Group: Adjusting to the University of Hawai‘i: New to the island or UH Mānoa? Trying to adjust to the Aloha lifestyle? Interested in connecting with like-minded students? Need a place to explore issues such as homesickness, loneliness, culture shock, depression, and anxiety? Gain new perspectives. Give and receive support. Expand your multicultural experience. Learn new ways to cope and succeed at UH.

Day and Time: Tuesdays, 3:00 - 4:30 p.m.  Begins: Mid-October 2014
Ends: December 9th or 16th, 2014 (TBD by group)  Contact: Jesse Hutchison or Nicole Gonowon

* Men’s Group: Got concerns? Do you imagine that talking through your thoughts might be helpful? Wrestling with issues particular to Men? Could you use more support? A powerful venue for processing and working through various personal and relationship issues that pop up in our daily lives. Join us for support in the exploration of these and other related themes.

Day and Time: Fridays, 3:00 – 4:30 p.m.  Begins: October, 2014  Contact: Michael Yap or Joel Gaffney

** Relaxation and Stress Management: Invest in your health, clarity of mind, and well-being. Learn practical skills of relaxation, mindfulness meditation, self-awareness, and stress reduction to be able to relax deeply, cope effectively, and live joyfully.

Day and Time: Fridays: 9:30 – 11:00 a.m.  Begins: Ongoing  Contact: Patrick Jichaku

* Multicultural Women’s Group: Participate in an empowering and safe circle of growth and change. Move beyond coping to thriving in our lives. Expand awareness of self in personal, social, and cultural contexts through enjoyable interactions in a multicultural group.

Day and Time: Fridays, 3:00 – 4:30 p.m.  Begins: October 10  Ends: December 5, 2014
Contact: Hannah Im or Jesse Hutchison (Sorry, full for the Fall 2014 semester; will re-open Spring 2015.)

* Grad / Older than Traditional Aged Students / Coed Group: A counseling / support group for graduate students / older students dealing with the life complexities, transitions, and academic challenges that characterize their University experience. Ongoing moral support and connection with peers. Work toward building rewarding relationships, emotional self-regulation, distress tolerance, planful goals, personal mindfulness and balance.

Day and Time: TBD, likely Wednesday afternoons.  Begins: October  Contact: Russ Henrie

* LGBTI Support Group: A counseling / support group for LGBTI students and allies. This group is meant to serve as a safe space for community members to discuss relevant topics in their lives, including, but not limited to, coming out experiences, relationship concerns, experiences of stereotyping / prejudice, academic lives, and identity development. All topics are decided upon by the group and discussed in a safe and respectful atmosphere.

Day and Time: Tuesdays, 3:00 – 4:30 p.m.  Begins: October  Contact: Amy Humphrey or Michael Yap

* Living with Loss Group: While grief is a normal process, coping with the loss of a close friend or family member can feel overwhelming and isolating. Living with Loss is a group that offers support and freedom to talk about your loss with others who share similar experiences. Talk, vent, offer support, and learn from others how to cope.

Day and Time: Wednesdays, 3:00 – 4:30 p.m.  Contact: Joel Gaffney or Kathrine Fast
Join with others of our University community in an encouraging, illuminating, and enjoyable personal growth experience.

- Complement your intellectual / academic growth and goals.
- Balance your personal development.
- Strengthen your sense of identity and community.
- Discover your personal strengths.
- Improve your personal, family, and work relationships.
- Develop new coping and relationship skills.
- Manage stress.
- Resolve personal issues and problems.

All of our groups work with relationship issues and/or academic adjustment issues. Included, among issues that members may bring to the groups, are initiating and developing relationships, assertiveness, life transitions, family of origin issues, stress overload, interpersonal conflict, low self-esteem, personal and cultural identity issues and conflicts, sexuality issues, loneliness, feelings of inadequacy, anxiety, depression, anger etc. ___ the full range of normal life issues and experiences.

Our groups are:

- Open to UH-Mānoa Students, Faculty, and Staff
- Confidential
- No Charge

Call or stop by the Center to get more information or to speak with one of our counselors about joining.

The number of participants for each group is limited, so reserve your place early.

If you have disability-related needs, please let us know so we may arrange for appropriate accommodations. Call 956-7927 and ask for Dr. Russ Henrie or for any one of the other group leaders.