

Marquette University Counseling Center

SPRING 2025 THERAPY GROUPS

- *Group counseling is one of the most effective strategies to address most issues experienced by students including anxiety, depression, relationship problems, low self-esteem, academic stressors, and more.*



Schedule:

*Groups are 50 minutes and meet weekly for the semester

- ✓ Monday 1:00 PM
- ✓ Tuesday 11:00 AM
- ✓ Wednesday 1:00 PM
- ✓ Thursday 1:00 PM

Create Your Own Calm

In this group you will learn tangible skills to identify and manage emotions, tolerate distress, and be more present in life and in your relationships.

Therapy groups require pre-registration. Contact us to set up a consultation today.

Contact Us:

- ☎ 414-288-7172
- 🌐 <https://www.marquette.edu/counseling-center/>
- 📍 Wellness + Helfaer Recreation
4th Floor