Stress Reduction Groups

The Counseling Center
We are here for you.

Yoga
Yoga is taught as secular practice to promote health and reduce stress. No prior experience or special attire is necessary. Bring your curiosity and an open mind!
*Wednesdays starting 9/25 from 3-4pm in Old Gym (3rd Floor)*

Healthy Relationships
Learn how to communicate with family, partners and friends more effectively. Cope with relationship based stress through finding a balance with the roles of partner, child and student.
*Group is open and runs Thursdays at 2 pm beginning September 26*

Discovering Your Path - Vision Board
Learn how to use art to create the path to your future. Learn how to make choices that get you to your goals. *Group is offered for 3 sessions Thursdays at 11 am 9/26, 10/24, 11/28.*

Relax and Renew
Meditation has been clinically shown to help reduce stress and cope with chronic pain, anxiety, depression, and anger. Among its many benefits are an increased ability to relax, greater energy and enthusiasm for life, and improved self-esteem. You can attend all sessions of Relax and Renew or drop in on one for a taste of mindfulness practices.
*Group runs Tuesdays at 11 am beginning September 24. Join at any time but attending weekly is recommended.*

Keeping Your Cool
Anxious and angry feelings and behaviors can prevent us from being who we want to be. Learn how to see yourself with clarity and compassion. In this group you will learn four types of unique skills: mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance. These skills will help you reduce behaviors that get in the way of both your relationships and your own emotional health.
*This open group runs Tuesdays at 4pm beginning September 24. Join at any time but attending weekly is recommended.*

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