

Group Counseling

Understanding Yourself in Relationships

Wednesday, 5:30-7:00 pm, Loop
Monday, 1:00-2:30 pm, LPC
Tuesday, 3:00-4:30 pm, LPC

Women's Group
Wednesday, 3:00-4:30 pm, LPC

These weekly, ongoing groups are for students who would like to better understand and improve the quality of relationships with friends, family, and significant others. Students may explore what they would like to get from their relationships, how early family experiences impact their current relationship patterns, how they cope with changing levels of intimacy, etc. Members can use the interpersonal interaction of the group to learn about themselves, try new behaviors, and clarify confusing feelings within a supportive, yet challenging and growth-producing atmosphere.

Relationship Group, Loop: Matt Wadland • (312) 362-5413
Monday Relationship Group, LPC: Rufus Gonzales • (773) 325-7952
Tuesday Relationship Group, LPC: Stacy Frazier • (773) 325-7784
Wednesday Women's Relationship Group, LPC: Stacy Frazier • (773) 325-7784

Anxiety and Depression Process Group

Thursday 5:00-6:30 pm, LPC

Are you feeling isolated, sad, or hopeless? Do find yourself feeling tense, nervous or frequently worried in everyday situations? In this group, students come together to discuss their experiences with anxiety and depression. Group members will have input on specific topics, which may include social, academic, family, or other issues. This group is designed to provide members with a safe place to process, explore coping strategies, or just share what it is like to live with these feelings. Both undergraduate and graduate students are encouraged to attend.

For more information, please contact Rufus Gonzales at (773) 325-7952.

Students of Color Group

Time: TBD
This group will be held in
The Cultural Center, LPC

This support group sponsored by University Counseling Services (UCS) and The Office of Multicultural Student Affairs (OMSA) is designed to facilitate open conversations about the realities of being a student of color at DePaul. This group serves as a safe and affirming space to connect with other students of color as well as talk about the difficulties and joys of being a student of color at DePaul University. In this group students are able to share common experiences, empower each other, and gain a greater sense of understanding themselves within the university climate.

For more information please contact Swati Pitale (UCS) at (773) 325-7782
or Vijay Pendakur (OMSA) at (773) 325-7325

Sexual Identity Exploration Group

Tuesday, 3:00-4:30 pm, LPC

This group will provide a supportive and affirming environment in which students can share common experiences and increase their sense of understanding regarding their own sexual identity, relationships with others, and sense of empowerment. Whether you identify as queer, lesbian, gay, bisexual, or are just coming out, this group aims to address a variety of levels of sexual identity development. Areas of focus may include the influence of cultural background and ethnic identity, developing a sense of pride and self-acceptance, dating, spirituality, campus climate, and family relationships. All gender identities welcome!

For more information, please contact Bari Guibord at (773) 325-7817