

# SHAC Fall 2025 Groups

**Groups will be held weekly from September 15 through November 21.  
If you are interested in joining a group speak with your SHAC provider or call for more information to get started**

**For information on associated costs call 505-277-3136**

## **Social Skills Through Gaming**

Laura | SHAC Workshop Room 16 |  
Thursdays 2:30pm-3:30pm

Build communication, emotional regulation, and social skills through fun games and activities.

## **Anxiety Intensive**

Laura | SHAC Workshop Room 16 |  
Tuesdays 2:00pm-3:00pm

Gain foundational knowledge of anxiety and tools to reduce symptoms and improve well-being.

## **Executive Functioning Skills**

Tamara | SHAC Workshop Room 16 |  
Thursdays 4:00pm-5:00pm

This group is a skills-based support group to explore executive functioning skills to assist individuals with ADHD traits/diagnosis.

## **Managing Stress Through Expressive Arts**

Kelly | SHAC Workshop Room 16 |  
Wednesdays 3:00pm-4:00pm

Explore how stress affects the body and learn art-based techniques to manage and decrease it.

## **DBT Skills Group**

Cindy | SHAC Workshop Room 16 |  
Wednesdays 1:00pm-2:00pm

Learn core DBT skills to manage emotions, handle crises, and improve relationships. Topics include Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.

## **Autism Spectrum Skills Group**

Cat | SHAC Workshop Room 16 |  
Tuesdays 1:00pm-2:00pm

This group will focus on building skills for those who are on the autism spectrum. We will do everything from practicing skills for life and relationships and finding ways to connect with our environment that works for us.

## **GROUPS AT NO COST**

### **Building Better Ships: Creating healthy relationships in your community**

Partnership with LGBTQ-RC and SHAC  
Charlene | LGBTQ Resource Center |  
**| Starts Aug 29th | Fridays 12:00pm-1:00pm**

Open to ALL UNM Students For more info:  
email [lgbtqrc@unm.edu](mailto:lgbtqrc@unm.edu) or call SHAC.

### **Yoga for Stress Management**

Cindy | Lobo Oasis (3<sup>rd</sup> Floor of Sub )  
**| Starts Sept 8th | Mondays at 3:00pm**

Open to all UNM students. Please send Cindy an email if you are interested in attending at [CindyT@unm.edu](mailto:CindyT@unm.edu) We encourage students to bring your own mats, but can be provided.