

Fall 2026 Counseling Dept Grps

ADHD Skills, Support, and Information

Tamara Abousleman

Mondays at 3:30pm
Sept 21 — Nov 30

Autism Spectrum Skills Group

Cat Jabar

Tuesdays at 1pm
Sept 15—Nov 24

Beyond the Binary

Navigating queer
challenges together

Charlene Wicker

Wednesdays at 1pm
Sept 30 - Nov 4



**Counseling
groups will be
billed to
insurance.**

DBT Skills Group

Lesley McKinney

Thursdays at 1pm
Sept 24 - Nov 19

Skills for Managing Anxiety

Cat Jabar

Thursdays at 2pm
Sept 17—Nov 19

All groups will be held in Workshop 16 on the Plaza Level of SHAC!
To get started in a group, call SHAC (277-3136) or speak to your SHAC provider!