

SUPPORT GROUP

WHAT IS A SUPPORT GROUP?

A group in which peers receive support from each other. No time commitment required, though regular participation may be beneficial. No intake appointment required for participation.

WHAT TYPES OF GROUPS ARE OFFERED?

SCS offers several support groups each semester for unique populations of students. The listing will be available the first week of class each semester on our website counseling.msstate.edu. Support groups which have been offered in the past include:

- **Food Freedom**

This group is for individuals who have challenges regarding nutrition and disordered eating behaviors. The facilitator uses the philosophy of Intuitive Eating to assist group members in making peace with food. The goal is for group members to learn how to listen to their body and become masters of their own eating behaviors.

- **Surviving Graduate School**

Feeling stressed as a result of being a graduate student? This is the place to unload and obtain support from fellow graduate students who understand the struggles of higher education experiences. This support group will provide graduate students insight, coping skills, and validation of their daily life as a graduate student. Group topics are unlimited with focus given to: time management, imposter syndrome, managing various roles, self-care, conflict resolution, social isolation, and relationships.

FOR MORE INFORMATION

Please visit our website at counseling.msstate.edu, email scsgroups@saffairs.msstate.edu, or call 662.325.2091



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