

SUPPORT GROUPS



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 include:

The Collective

This group provides a safe space for students who identify in marginalized populations, who desire an affirmative setting to process varying topics

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.

Tea Talks

Provides international students with an opportunity to discuss issues and topics relevant to their population at MSU. Each group ends with a mindfulness activity.

ARCHsupport

Provide a space for architecture students to support one another as you navigate the challenges of the program. We will also explore topics such as stress management, time management, sleep hygiene, etc.

Art Alliance

This group will provide a space for art students to support one another as you navigate the challenges of the program. We will also explore topics such as stress management, time management, sleep hygiene, coping skills, etc. This group is in collaboration with the College of Architecture, Art & Design.

FOR MORE INFORMATION

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

