

COLLEGE SURVIVAL KIT EXPRESS TO SUCCESS

Fall Semester 2025
The University of Akron
Counseling and Testing Center
Simmons Hall - Room 306
330- 972-7082

Free Support and Skills Groups

National Depression Screening Day
Thursday 10/16/25

EXPLORE OUR WEBSITE FOR COUNSELING SERVICES AND SELF-HELP INFORMATION

<http://www.uakron.edu/counseling>

GROUPS

Anxiety Management Group

Learn coping strategies for anxiety.

- **Friday 11 am-12 pm (9/19 - 10/17)**
- **Tuesday 4-5 pm (9/30 - 10/28)**
- **Thursday 2-3 pm (10/23 -11/20)**

Feel Better Fast Group

Learn techniques to address emotions and improve life functioning.

- **Monday 4-5 pm (9/29 - 10/20)**
- **Wednesday 3-4 pm (10/15 -11/5)**
- **Friday 11 am-12 pm (10/31 - 11/21)**

Befriend Your Body

Learn about body image, ways to feel better about your body and boost self-worth.

- **Monday 4-5 pm (10/27 – 11/17)**

Building and Strengthening Relationships Group

Learn and apply skills to build successful and lasting relationships with support from others.

- **Monday 3-4:30 pm, (9/29 - 12/1)**
- **Tuesday 2:30-4 pm, (9/23 - 12/2)**
- **Wednesday 3:30-5 pm, (9/24 - 12/3)**
- **Thursday 3-4:30 pm, (10/2 - 12/4)**

Discussing Our Choices

Learn information on how to make healthy decisions regarding substance use.

- **Monday 9/22, 3-5 pm**
- **Friday 10/24, 1 -3 pm**
- **Friday 12/5, 10 am- 12 pm**

National Depression Screening Day

Learn more about yourself through a mental health screening.

- **Thursday 10/16, 11 am- 2 pm (Student Union Piano Lounge)**