

Counseling and Wellness Center Group Sessions



Keeping up with self-care and coping skills during Covid-19

Tuesdays: May 5th and 12th

10:00am – 11:00am & 2:00pm – 3:00pm

Interested in coping through COVID indoors?

Join Gateway Community College's (GCC) Counseling and Wellness Center to discuss healthy self-care and coping skills. This is an opportunity for students to learn creative ways to positively manage your emotions and thoughts. We offer an open, safe, and non-judgmental space for students to engage with one another. This is a free event for students to learn more about exercising and implementing ways to de-stress throughout the day, indoors and outdoors.

Deep Breathing and Meditation Rocks!

Wednesdays: May 6th and 12th

10:00am – 11:00am & 2:00pm – 3:00pm

Interested in learning helpful tools plan your week better?

Join Gateway Community College's Counseling and Wellness Center to discuss the benefits of meditation and deep breathing. This is an opportunity for students to incorporate deep breathing into their daily lives to assist with transition and adjustment challenges, and stress. We offer an open, safe, and non-judgmental space for students to engage with one another. This is a free event for students. Please join us to learn more.

Check your to-do list: Time Management Discussions

Thursdays: May 7th and 13th

10:00am – 11:00am & 2:00pm – 3:00pm

Interested in deep breathing and meditating indoors?

Join Gateway Community College's Counseling and Wellness Center to discuss managing your time and the importance of planning. This is an opportunity for students to learn new, or reinforce, their time management and planning skills. We offer an open, safe, and non-judgmental space for students to engage with one another. This is a free event. Please join us to learn more or share what you are currently doing to manage your time indoors and outdoors.

If you are interested in joining us for one of our groups, please email GW-Wellness@gatewayct.edu. Please be sure to provide your name, banner id number, telephone number and the group you are interested in participating in. We look forward to seeing you.