

Fall Term 2023



All Term!
mostly

GROUPS

Grief Group

Tuesdays - 4-5pm - Resource Room at the Health Center

Facilitated by Kingsley Czermerys, LMHC, NCC

OPEN TO STUDENTS, FACULTY AND STAFF

A group about coping with grief/bereavement. This group is for anyone at Bennington that would benefit from additional psychoeducation/group support/coping skills to help with their process of grieving.

Neurodivergent Study Group

Wednesdays - 6:30-7:30pm at the Health Center

Facilitated by Ethan Therrien, QMHP

This group will provide a space for students to learn a new tip or trick weekly and an opportunity to practice these tips and tricks!

Eco-Anxiety Group

Wednesdays - 4-5pm in Commons 256

Facilitated by Nicole Daunic

OPEN TO STUDENTS, FACULTY AND STAFF

This is a space to listen and share openly and validate climate-related feelings of anxiety, grief, and trauma. We will connect with nature, learn somatic practices for moving through these emotions and explore ways to creatively transform these feelings into connection, action and change.

Knit Happens

Thursdays - 12-1pm in the Resource Room at the Health Center

Facilitated by Penny Owen, LMHC

Stressed?? Feel free to join Penny to play with the Fiber Arts. This might activate your parasympathetic nervous system. We will also brainstorm other ways to manage stress and share what works for you. Supplies and snacks will be provided

Queer Group

Thursdays - 1-2pm in the Health Center Resource Room

Facilitated by Jude Horan, LMHC

Bennington is Queer AF, so this will be a space to chat about all of your experiences here. We will explore what it means to you to be in a community like Bennington while creating new connections to fellow supportive Queer people.

Survivors Support Group

Mondays - 7-8pm in the Student Life Suite Barn 113 - Starts 9/18

Facilitated by Ali Tartaglia, DrPH

The Survivors Support Group is a confidential and supportive environment for students who have experienced sexual trauma and assault in their lifetime.

CIDSU Group

Sundays - 4-5pm in the Commons 201

Facilitated by Steven Young, MSW

The Chronically Ill Disabled Students Union will continue their weekly meetings this term. Come connect with fellow CIDSU students.



100% OFF

Because Groups are always free!