

BENNINGTON COLLEGE STUDENT HEALTH CENTER

GROUP SCHEDULE SPRING 2022

BALANCING AND PROCESSING DIFFICULT EMOTIONS, STRESS, AND TRAUMA **TUESDAY AT 7:00 P.M. ON ZOOM WITH LISA CARTON [HTTPS://US02WEB.ZOOM.US/J/8023795456](https://us02web.zoom.us/j/8023795456)**

LEARN AND CHOOSE FROM A SPECTRUM OF TECHNIQUES FOR TRANSFORMING PAINFUL EXPERIENCES INTO A VIBRANT AND JOYFUL LIFE. TOGETHER WE WILL LEARN AND PRACTICE SIMPLE AND EFFECTIVE (AND VERY POWERFUL!) WAYS TO WORK WITH EVERYTHING ARISING NOW. THINK OF EACH OF US AS ENERGETIC "STORE-HOUSES", AND LET'S "REGENERATE" OUR ENERGY AND PUT IT RIGHT INTO CREATING OUR HEART'S DESIRES!

THIS ONGOING GROUP WILL OFFER A VARIETY OF EASTERN AND WESTERN STRATEGIES INCLUDING COMPONENTS OF EMDR, QIGONG, ENERGY MEDICINE YOGA, EFT, AND CREATIVE VISUALIZATION. NO EXPERIENCE IN ANY IS REQUIRED, AND IF YOU'RE CURIOUS THIS IS THE PERFECT SPACE TO START.

MINDFULNESS MEDITATION

WEDNESDAYS AT 9:00 ON ZOOM, MEETING ID: 99079887458

START YOUR DAY AND GROUND YOUR WEEK WITH A MINDFULNESS BASED MEDITATION PRACTICE. DROP IN OR REGULAR PARTICIPATION WELCOME.

SEXUAL TRAUMA SURVIVORS SUPPORT GROUP

TUESDAYS, 7PM

HEALTH CENTER WAITING ROOM, WITH ALI TARTAGLIA

DBT, ETC.: SKILLS FOR COPING, CONNECTING, AND CREATING THE LIFE YOU WANT TO LIVE

SATURDAYS AT 1:00 P.M. AT THE STUDENT HEALTH CENTER WITH KAT DALEY

BROKEN UP INTO SKILL BASED DISCUSSION SESSIONS APPLIED TO OUR WEEK TO WEEK EXPERIENCES WITH PRACTICAL TOOLS TO TAKE WITH YOU AND PRACTICE IN BETWEEN. FOCUSES ON MINDFULNESS, INTERPERSONAL/RELATIONSHIPS, TOLERATING DISTRESS, AND EMOTIONAL REGULATION.

SUBSTANCE USE AFFECTS US ALL!

SUNDAYS AT 2:00 P.M. ON ZOOM WITH LISA CARTON [HTTPS://US02WEB.ZOOM.US/J/8023795456](https://us02web.zoom.us/j/8023795456)

WHETHER YOU IDENTIFY AS BEING IN RECOVERY, ARE EXPLORING USE OPTIONS INCLUDING ABSTINENCE, OR ARE STRUGGLING WITH A FRIEND/PARTNER/FAMILY MEMBER/ROOMMATE WHO'S HAVING ISSUES WITH ADDICTION/SUBSTANCE USE, THIS IS A GREAT PLACE TO POP INTO AND LISTEN AND SHARE YOUR EXPERIENCES AS WELL AS LEARN HELPFUL RESOURCES.

LGBTQ+ COMMUNITY BUILDING

WEDNESDAYS, 7:00PM ON ZOOM WITH LISA CARTON [HTTPS://US02WEB.ZOOM.US/J/8023795456](https://us02web.zoom.us/j/8023795456)

EVERYONE KNOWS BENNINGTON IS SOOO QUEER... HERE'S A SPACE TO CHAT ABOUT ALL OF YOUR EXPERIENCES OF IT. SUPPORTIVE TIME TO EXPLORE ANY AND ALL SEXUALITY AND GENDER ISSUES, AS WELL AS LOOK AT POSSIBILITIES FOR CAMPUS LIFE THAT YOU'D LIKE TO SEE.

SUPPORT GROUP FOR CHRONICALLY ILL AND DISABLED STUDENTS

SUNDAY, 7:00PM

LIBRARY, 3RD FLOOR WITH ALI TARTAGLIA

FOOD AND BODY IMAGE

SUNDAY, 1PM [HTTPS://US02WEB.ZOOM.US/J/8023795456](https://us02web.zoom.us/j/8023795456)

PLEASE JOIN US TO EXPLORE OUR RELATIONSHIPS WITH FOOD AND OUR BODIES AND HOPEFULLY HAVE SOME FUN DOING IT. CO-LED BY LISA CARTON AND PENNY OWEN

**BENNINGTON COLLEGE STUDENT HEALTH CENTER
GROUP SCHEDULE SPRING 2022**

**BALANCING AND PROCESSING DIFFICULT EMOTIONS,
STRESS, AND TRAUMA**

**TUESDAY AT 7:00 P.M. ON ZOOM WITH LISA CARTON
[HTTPS://US02WEB.ZOOM.US/J/8023795456](https://us02web.zoom.us/j/8023795456)**

MINDFULNESS MEDITATION

WEDNESDAYS AT 9:00 ON ZOOM, MEETING ID: 99079887458

SEXUAL TRAUMA SURVIVORS SUPPORT GROUP

**TUESDAYS, 7PM HEALTH CENTER WAITING ROOM, WITH ALI
TARTAGLIA**

**DBT, ETC.: SKILLS FOR COPING, CONNECTING, AND
CREATING THE LIFE YOU WANT TO LIVE**

**SATURDAYS AT 1:00 P.M. AT THE STUDENT HEALTH CENTER
WITH KAT DALEY**

SUBSTANCE USE AFFECTS US ALL!

**SUNDAYS AT 2:00 P.M. ON ZOOM WITH LISA CARTON
[HTTPS://US02WEB.ZOOM.US/J/8023795456](https://us02web.zoom.us/j/8023795456)**

LGBTQ+ COMMUNITY BUILDING

**WEDNESDAYS, 7:00PM ON ZOOM WITH LISA CARTON
[HTTPS://US02WEB.ZOOM.US/J/8023795456](https://us02web.zoom.us/j/8023795456)**

**SUPPORT GROUP FOR CHRONICALLY ILL AND
DISABLED STUDENTS**

SUNDAY, 7:00PM LIBRARY, 3RD FLOOR WITH ALI TARTAGLIA

FOOD AND BODY IMAGE

**SUNDAY, 1PM WITH PENNY OWEN AND LISA CARTON
[HTTPS://US02WEB.ZOOM.US/J/8023795456](https://us02web.zoom.us/j/8023795456)**