

BENNINGTON COLLEGE  
STUDENT GROUPS  
SPRING 2020

**MEN'S GROUP**

TBD: EMAIL SAM CLEMENT FOR MORE INFORMATION

**MINDFULNESS GROUPS**

**DON'T JUST DO SOMETHING, SIT THERE! WITH RANDY ANSELMO**

MONDAYS AT 5:30PM IN THE STUDENT HEALTH CENTER, SHP RESOURCE ROOM

**COME BACK TO BREATH WITH RAGE HEZEKIAH**

WEDNESDAYS AT 845AM STUDENT HEALTH CENTER, SHP RESOURCE ROOM

**NOTICING NOW WITH KAT DALEY AND PENNY OWEN**

FRIDAYS AT 12:15 STUDENT HEALTH CENTER, SHP RESOURCE ROOM

**SEXUAL ASSAULT SURVIVORS SUPPORT GROUP WITH ALI TARTAGLIA**

THURSDAYS AT 7:00 PM, COMMONS 203

**INTERNATIONAL STUDENT PEER SUPPORT GROUP WITH LESLEY BRODIE AND RAGE HEZEKIAH**

FRIDAYS AT 12:30 PM, COMMONS 256

**RECOVERY GROUP WITH ALI TARTAGLIA**

SATURDAYS AT 3:00PM COMMONS 322

**SOBER PIZZA WITH ALI TARTAGLIA AND APRIL STEIN**

SATURDAYS AT 1:00PM STUDENT HEALTH CENTER

**WELLBEING GROUP WITH ALI TARTAGLIA**

(SUPPORT GROUP FOR STUDENTS WITH CHRONIC HEALTH CONDITIONS)

SATURDAYS AT 2:00PM COMMONS 322

**DBT AND OTHER STRATEGIES FOR MORE SKILLFUL LIVING WITH KAT DALEY**

WEDNESDAYS AT 3:30PM, STUDENT HEALTH CENTER, SHP RESOURCE ROOM

**GRIEF AND LOSS SUPPORT GROUP WITH ALI TARTAGLIA**

SATURDAYS AT 4:00 PM COMMONS 322

**TRANSITIONS BACK TO BENNINGTON WITH ALI TARTAGLIA**

(FOR STUDENTS WHO HAVE BEEN AWAY FROM BENNINGTON FOR A TERM OR MORE)

FRIDAYS AT 12PM IN COMMONS 203

**OFFICE OF STUDENT HEALTH  
PROMOTION**



for questions contact Ali  
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