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