



Winter 2017 Outreach Support Groups

Drop-in, no pre-group meeting required

Multiracial Student Connection

Build community with fellow students who identify as biracial, multiracial, multi-ethnic, mixed, or who grew up in a transracial family. You'll find a safe space to share experiences and explore identities.

*Fridays, 12:00 to 1:00pm, APCC
Contact Stephanie.Shippen@oregonstate.edu
or Charlene.Martinez@oregonstate.edu*

Bites with Emmy

Gather around the table at the Pride Center with treats provided, to discuss our development as members of the LGBTQ+ community.

*Mondays, 12:00 to 1:00pm
Pride Center, Weeks 2, 4, 6, 8, 10,
Contact Emelyne.Woessner@oregonstate.edu*

Beavers on the Mend

Gather with other student-athletes who have sustained injuries to give and receive support during the recovery process in an interactive group setting, learning new skills to effectively cope.

*Tuesdays, 12:00pm,
Beth Ray Center for Academic Support Room 323,
Contact Fred.Tedeschi@oregonstate.edu
or Fernando.Frias@oregonstate.edu*

International Women Conversation Hour

Join the International Women Conversation Hour to build community with other international women students and engage in a dialogue about your experiences studying at OSU and in the US.

*Every other Tuesday starting January 24,
2:30 to 3:30pm, Location TBA,
Contact Shaznin.Daruwalla@oregonstate.edu*

Climate Change Support Group

Join other concerned students in this peer support group to explore the thoughts and feelings evoked by climate change and help one another to better cope with our changing world.

*Group time TBA,
Contact Jen.ChristionMyers@oregonstate.edu
or Emi.Sumida@oregonstate.edu*

Brain Trust

For any students, faculty, and staff with a brain injury, drop in to give and get support from others experiencing the results of this sometimes invisible injury.

*Fridays, 4:00 to 5:00pm, Location TBA
Contact Jim.Gouveia@oregonstate.edu*

CAPS

Counseling and Psychological Services
counseling.oregonstate.edu
541.737.2131
500 Snell Hall

This publication will be made available in an accessible format upon request: please contact Emi Sumida by calling 541-737-2131 or emailing Emi.Sumida@oregonstate.edu

Other groups continue to be created at CAPS. If interested in a specific theme group that is not listed, please contact the Group Therapy Program Coordinator, Emi Sumida.

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