



## Community Psychoeducation Groups

### **Psychoeducation Group Overview**

All groups cost \$10 per session and are psychoeducational in nature. This means that attendees are not required to share feelings or talk about personal experiences; rather, these “groups” are geared toward providing attendees with education about select psychological concepts. Below is the schedule for the fall. All groups occur at Renew Counseling Center. We have a new location on the northside of campus ([google map link here](#)). The address is 6710 Northwest 43<sup>rd</sup> Street in the Imel East Building. If you would like to sign up for a group, please email or call our business manager Denise Davis at [renew@mail.snu.edu](mailto:renew@mail.snu.edu) or (405) 717-6200 and she will get you signed up.

All Groups are \$10 and 4 weeks in duration. Groups occur from **6 p.m. to 7 p.m.** at [Renew Counseling Center](#)

### **September 11th, 2023 - October 5th, 2023**

**Monday** - Psychological Skills 101

**Wednesday** - Good versus Bad Anxiety

**Thursday** - Trauma Symptom Management

### **October 9th, 2023 - November 2nd, 2023**

**Monday** - Learning to be Psychologically Flexible

**Wednesday** - Psychological Skills 101

**Thursday** - Addiction and Recovery

### **November 6th, 2023 - December 7th, 2023**

**Monday** - Good versus Bad Anxiety

**Wednesday** - Understanding and Treating Depression

**Thursday** - The Hijacked Brain (When Emotion Overwhelms Your Thoughts)

Call (405) 717-6200 or email us at [renew@mail.snu.edu](mailto:renew@mail.snu.edu) to sign up.