Students Of Color Support and Process Group
This is a group for students to engage in processing their thoughts and feelings about their experience of their racial/ethnic identities, including multiracial identity, and how that impacts their everyday experiences and world view. This can also be a safe place to talk about experiences of microaggressions and racism on the Emory campus.
**Thursdays 3:00-4:30**

Grief and Loss Support Group
This is a group for sharing thoughts and feelings about significant losses while providing mutual support for the journey involved in dealing with these losses.
**Tuesdays 3:00-4:00**

Think and Feel Out Loud
Learn about yourself and your relationships in an accepting environment. Practice new ways to express thoughts and feelings while building self-confidence.
**Mondays 3:00-4:30**
**Wednesdays 9:00-10:30**
**3rd/4th year/grad Wednesdays 4:30-6:00**
**Grad Group Thursdays 3:00-4:30**

Sexual and Gender Diversity Process Group
This process group aims to create a safe and accepting environment for those with diverse sexual and gender identities, including those questioning their identities. We will aim to enhance group cohesion through mutual sharing of experiences, honesty, and respect for others.
**Thursdays 3:00-4:30**

#Emotional Fitness
This is a skills-based group aimed at being more intentional in managing and expressing positive and negative feelings, learning to be present in the moment and maintaining meaningful relationships.
**Thursdays 11:00-12:30**

Please call CAPS at **404-727-7450** to learn more about any of these groups.