Welcome
to the
Spartan Family!
Support for Parents and Families

Questions about UNC Greensboro Resources & Services?

Assistant Dean for Parents and Families
Dean of Students Office
210 Elliott University Center
(336) 334-5514

Spartanfamily.uncg.edu
families@uncg.edu
Get Involved!

Spartan Family Network
No registration required!
E-mail families@uncg.edu to receive Spartan Family Connections enewsletter

Connect with us

UNCG Spartan Family Engagement
UNCGspartanfamily

Parent and Family Advisory Council (PFAC)
35-40 parents and family members serve on PFAC
Fundraise for the Spartan Families Fund
Award Scholarships and Grants to support student initiatives and programs
Family Weekend 2019

SPARTAN FAMILY WEEKEND
LET'S GO G!

SEPTEMBER 27-29, 2019

REGISTER NOW AT GO.UNCG.EDU/SFW
The Counseling Center at UNCG
Land Acknowledgement

We want to honor and respect the diverse Indigenous peoples connected to this territory on which we gather.

The land that UNCG sits upon has long served as the site of meeting and exchange amongst a number of Indigenous peoples, specifically the **Occaneechi Band of the Saponi Nation**.

Additionally, NC has been home to many Indigenous peoples at various points in time, including the tribes/nations of: Bear River/Bay River, Cape Fear, Catawba, Chowanoke, Coree/Coranine, Creek, Croatan, Eno, Hatteras, Keyauwee, Machapunga, Moratoc, Natchez, Neusiok, Pamlico, Shakori, Sara/Cheraw, Sissipahaw, Sugeree, Wateree, Weapemeoc, Woccon, Yadkin, and Yeopim.

Our Services

- Individual
- Couples
- Psychiatry
- Group
- Workshops
- In-Crisis?
- Mental Health Screening
- Outreach
- Consultation
- Referrals
Groups

COUNSELING CENTER FREE & CONFIDENTIAL

GROUPS

LGBTQ+
Thursdays 3:00 - 4:30
Engage in supportive discussion on member-guided topics such as relationships, identity, coming out, etc. Held in confidential location.
Start Date: 1/24
End Date: 4/18

ADHD
Wednesdays 4:00 - 5:00
Learn skills to manage symptoms of Attention Deficit / Hyperactivity Disorder regardless of diagnosis.
Start Date: 2/6
End Date: 4/17

USO Women Veterans, Spouses and Others
Fridays 2:30 - 4:00
Process patterns of relating to others by reflecting on how you impact and are impacted by others, receiving feedback from group members and facilitators.
Start Date: 2/11
End Date: 4/12

DBT
Fridays 2:00 - 3:30
Learn how to manage intense emotions, replace harmful coping strategies, and improve unstable relationships.
Start Date: 2/11
End Date: 4/19

IT’S COMPLICATED
Fridays 1:00 - 2:30
Address challenges of having family members with mental illness or addiction, taking on adult responsibilities, worrying about siblings, and feeling alone/shamed.
Start Date: 1/25
End Date: 4/19

SOAR G

COUNSELING CENTER FREE & CONFIDENTIAL

GROUPS

ADHD
Wednesdays 4:00 - 5:00
Learn skills to manage symptoms of Attention Deficit / Hyperactivity Disorder regardless of diagnosis.
Start Date: 2/6
End Date: 4/17

SISTA TALK
Thursdays 3:30 - 5:00
Support and discussion for women of color who have faced similar experiences.
Start Date: 1/31
End Date: 4/25

BODY WISE
Wednesdays 3:30 - 5:00
For women who struggle with body image and disordered eating and seeks to form a space in which to mindfully explore authenticity and body autonomy.
Start Date: 1/31
End Date: 4/17

Graduate Student Support Group
Mondays 3:30 - 5:00
Support around the graduate student experience including social and mood concerns and the emotional impact of academic challenges.
Start Date: 2/6
End Date: 4/22

SPARTAN BLUES
Tuesdays 3:30 - 5:00
For students experiencing sadness or depression to better understand their depression and learn coping strategies.
Start Date: 2/15
End Date: 4/16

All groups require a screening to be scheduled by phone or in-person. To be screened or for other info, call 336-334-5874, Surf shs.ung.edu/ccc, or visit us @ Gove, 2nd FL.
Workshops

WORKSHOPS THAT ARE DROP-IN

Stress & Anxiety Management
Tuesdays 12:30 - 2:00
2/7, 2/21, 3/7, 3/28 AND
3/5, 2/26, 4/2, 4/19, 4/16
Explore and learn concrete skills for managing stress and anxiety.

KORU
Tuesdays 2:30 - 4:45
on 2/7, 3/7, 2/28 AND
Wednesdays 1:45 - 3:00
on 2/20, 3/27, 4/2, 4/17
Learn/Practice mindfulness skills to reduce stress and get more satisfaction from their college experiences. Participants will learn a variety of mindfulness skills to practice in/outside the group.

C.A.R.E.
Wednesdays 3:00 - 4:00
Learn to enhance resilience, connect with campus resources, and achieve academic success. Attend as many sessions as you want!
Start Date: 1/18
End Date: 4/17

Free Expressions
Thursdays 3:30 - 5:00
Engage in art-based activity for self-expression, stress reduction, and awareness. Attend as many sessions as you want!
Start Date: 1/3
End Date: 4/18

WORKSHOPS THAT REQUIRE REGISTRATION AND SCREENING

To be screened for Heads Up or Body Project, please call 910.334.5069, or visit us @ Atrium M Grove Student Health Center, 2nd FL.

Heads Up!!
Mondays 3:00 - 4:30 on
2/7, 2/21, 3/7 AND
3/1, 3/18, 3/25 AND 4/1, 4/15
Brief series of didactic workshops focused on substance use education.

Body Project
Thursdays 12:00PM - 1:30PM on
3/1, 3/28, 4/4, 4/11
To empower women and address body image concerns while promoting self-confidence and self-love.

There is NO screening for one-time workshops. For information, surf to unc.edu/cc.
To register for a one-time workshop, please call 910.334.5874 or visit us @ Grove Student Health Services, 2nd FL. Or, JUST SHOW UP! DROP-INS WELCOME!

Changing Thoughts (CBT):
Thursday 02/21/19
12:30 PM - 2:00 PM
Learn how to change the way you feel by exploring and changing patterns of thinking and behavior (cognitive).

Distress Tolerance:
Wednesday 02/27/19
12:30 PM - 2:00 PM
AND
Monday 03/25/19
12:30 PM - 2:00 PM
Learn how to cope with and survive crisis (Cris).

Balancing Act
Wednesday 04/24/19
12:30 PM - 2:00 PM
Learn how to create harmony in your life and make better/more informed decisions (Shabbat).

Stress/Anxiety Mgmt
Tuesday 03/19/19
12:30 PM - 2:00 PM
Explore and learn concrete skills for managing stress and anxiety (Halifax).

Be Well & Prosper
Thursdays 02/28/19
12:30 PM - 2:00 PM
AND
Tuesday 03/19/19
12:30 PM - 2:00 PM
Understand the aspects of and develop a plan to nurture personal wellness (e.g. physical, emotional, spiritual, social, environmental, etc.) (Randby).

Wrapping Up!
Wednesday, 05/01/19
12:30 PM - 2:00 PM
Gain useful skills to take care of yourself during the end of the semester, post-graduation, and the summer (regardless of your plans) (Shabbat).
College life is . . .

Fun!
Freeing
Hard
Scary
Strange
Lonely
Hectic

And . . . a big transition for EVERYONE
When to Refer

- Changes in mood, attitude, or behavior
- Changes in daily living skills
- Apparent distress
- Lack of sleep beyond 1-2 nights
- Consequences related to substance use
- Talking about dropping out or transferring
- Talking about hopelessness, death, or suicide
We’re here for you too!
Diversity Statement

As clinicians for social justice we are committed to advocating for those who have been oppressed and marginalized.

We are aware that our staff may not reflect the diversity of our student body: however, we aspire to create a safe, affirming, inclusive and welcoming environment for all students and the larger campus community.

We strive to make the UNC Greensboro Counseling Center a safe place where individuals can strengthen their self-acceptance, confidence, and comfort with their own individual identities.
Confidentiality

Written Consent Only

Harm to Self/Others

shs.uncg.edu/cc/parents-family
THE END

For questions, 
go to shs.uncg.edu or call 336-334-5874
Ask current UNCG students about their experiences!