

Campus Support Groups & Peer Resources

Winter '23

College Stress & Mindfulness Group (Mondays 3:30-4:30, SU Dankook room) - This open group will run for a total of 8 weeks starting January 23rd through March 13th. Identifying and understanding mind-body symptoms such as fear, anxiety, tension, worry and negative thought patterns often associated with chronic stress will be discussed along with a tool box of calming mindfulness interventions. Regular attendance is expected.

Comfort Zone (Fridays 2:30 pm – 3:30 pm, SU Dankook room) - This group will offer a safe and supportive space with opportunity for connection, being with people who have recently experienced a loss. The group will provide emotional support, validation, and education about grief and meet Fridays from 1/20/23 – 3/10/23.

Options' Adult Transgender, Non-Binary, and Gender-Expansive Group (Wednesdays 2:30 pm – 4 pm) - Beginning September 21, Options for Southern Oregon is offering a new Adult Transgender, Non-Binary, and Gender-Expansive Group for both Options' clients and non-clients in Josephine and Jackson Counties. The group will provide an opportunity for participants to meaningfully connect with others who identify as transgender/non-binary/gender-expansive, gain different perspectives and insight, clarify personal values, goals, and strengths, and build knowledge, resources, and skills to navigate common issues. Zoom Meeting ID: 959 8596 6656 Passcode: 119228. For more information, please call 541.476.2373.

Queer and Trans Talk (Wednesdays 2 - 3pm) - A place for queer, trans, and questioning students and community members to come together for support from folks with similar lived experiences. This can be a place to heal together for those who have experienced harm or discrimination, foster support networks, and celebrate the joys that come with living authentically as ourselves. This group is held weekly through Jackson County Sexual Assault Response Team/SART via zoom and the occasional in person meeting. Sign up by calling or texting with a group facilitator at 541.631.9116.

Tea & Crafts (SJEC Room 308/Zoom, 1st and 3rd Tuesday 6 - 8pm) - Bi-monthly meet-up for queer disabled and/or neurodivergent folks to come hang out and drink hot beverages and do crafts to help facilitate a safe community for queer disabled and/or neurodivergent folks to unwind, find community, and not have to perform emotional labor or be placed in educational roles. Contact the Equity Coordinator for Gender & Sexuality Justice at gsj@sou.edu with any questions. You may join this group either in-person in SJEC Room 308 or over Zoom.

Teen/Young Adult Sexual Assault Survivors' Healing (SASH) - A peer support group open to teens of all gender identities who have been impacted by sexual assault/violence. Please call for an intake appointment. Facilitated by non-mandatory reporters and supported by Jackson County Sexual Assault Response Team/SART. Call for Facilitator referral SART Advocate at 541.625.8089.

Wise Mind (Wednesdays 12:30 pm – 1:20 pm, SU Dankook room) - This open group will run for eight weeks on Wednesdays from 1/18/23 – 3/8/23. A safe place for those interested in learning skills on mindfulness, emotional regulation, interpersonal effectiveness, and distress tolerance.

Women Sexual Assault Survivors' Healing Group (SASH) (Zoom, Wednesdays 6 - 7:30pm) - A non-judgmental peer support group open to campus and community members impacted by sexual assault and interpersonal violence. Please call or email group facilitator for an intake appointment. This warm and healing group is facilitated by two long-term community survivor advocates and offered by Jackson County Sexual Assault Response Team/SART. Contact Lezley Sanders at lezleysanders@gmail.com or 541.840.6672.