

Tufts University Counseling and Mental Health Service
Free and Confidential Groups
Fall 2009

Relationship Dynamics

This is a confidential group in which students will discuss relationships with family, friends, significant others, and the Tufts community. The group will help students build stronger, healthier relationships and increase their understanding of themselves in relationship to others. Students will work towards feeling more empowered in relationships and realizing their social potential.

For more information email or call Elizabeth at elizabeth.varney@tufts.edu / 617-627-3360

Mindfulness and Meditation for Stress Reduction

Meditation and mindfulness have been practiced for millennia to train and calm the mind, body and spirit. More recently, research has proven the efficacy of these practices for mental health and physical health, as well as boosting academic and athletic performance. Learn a range of techniques to help your concentration, creativity, and manage your stress.

For more information send an email to mindfulness@tufts.edu / 617-627-3360

For general group information, send an email to groups-cmhs@tufts.edu .

For information about other Counseling and Mental Health Service offerings including individual counseling, couples counseling, psychiatric services, emergency coverage, stress management, and consultation, please visit our website <http://ase.tufts.edu/counseling> or call 617-627-3360.