

Graduate &
Undergraduate
Women...
Are You
Concerned
about
Sexual
Violence?
There is
Something
You Can Do
About It.

As a Peer Counselor/Advocate...

Provide phone and in-person peer counseling to survivors of sexual assault and rape, partner abuse, stalking, harassment, and other forms of violence. Provide accompaniment to the hospital, health services, police or security. Educate students about university disciplinary procedures and other complaint options. 12 mandatory training sessions—usually Fridays from 10:00 am to 1:00 pm.

Applications are due Friday, September 24, 1999.

First year BC/CC students and seniors are not eligible for the counseling or advocate positions.

As a Peer Education & outreach Volunteer...

Educate members of the Barnard-Columbia community about myths and realities of violence and about the services of the Rape Crisis/Anti-Violence Support Center. Help to organize the university community around these issues. Training will be provided.

Applications are due Monday, October 4, 1999.

All women students are eligible for this program.

VOLUNTEER with the Rape Crisis/ Anti-Violence Support Center!

*Pick up an application at 123 Brooks Hall (Barnard Quad) or
download it from <http://www.columbia.edu/cu/rcausc>*

FOR MORE INFORMATION CALL 854-4366

Barnard-Columbia Rape Crisis/Anti-Violence Support Center
(212) 854-HELP

Student Life Support Groups & Workshops

All groups are scheduled to begin in Fall 1999.

Group times may be changed according to students' schedules.

For information and initial interviews, call 854-2878

or E-mail individual group leader with questions.

(All E-mail ID's use "@columbia.edu")

One-time registration fee:

Workshop \$15
Support Group \$25

Don't Forget: Counseling & Psychological Services has moved! Lerner Hall, 8th Floor 2920 Broadway New York, NY 10027 Mail Code 2606

Adult Children of Alcoholics Support Group

Mary Segarra, PhD (ms372)
David Venarde, PsyD (dfv4)
Information/support group focusing on relationships and self-esteem issues.
Tuesdays, 5:30 – 7:00 pm

Asian American Students Support Group

Shinhee Han, CSW (sh85)
Calvin Chin, PhD (cc803)
A group to explore issues regarding cultural identity, family dynamics, romantic relationships, academics and career issues.
Mondays, 5:30 – 7:00 pm

Bereavement Support Group

Rachel Aubrey, CSW (ra18)
Coping with the loss of a loved one.
Fridays, 2:30 – 4:00 pm

Body Image Support Group

Margaret Walker, PhD (mw180)
A group to discuss tendencies to overeat, using food for comfort, and issues associated with body image, self-esteem and relationships.
Wednesdays, 3:30 – 5:00 pm

Depression Support Group

Maria Lager, MD (mdi4)
Information/support group to explore and discuss depression and its effects on family, work and relationships.
Wednesdays, 12:00 – 1:30 pm

Drug & Alcohol Concerns/Early Recovery Support Group

Anne Goldfield, PhD (ag255)
Calvin Chin, PhD (cc803)
A group to focus on early recovery issues.
Tuesdays, 1:00 – 2:30 pm

Eating Concerns Support Group

Mary Segarra, PhD (ms372)
A group for women with problematic behaviors associated with food.
Thursdays, 3:00 – 4:30 pm

HIV+ Support Group

Laura Pinsky, CSW (lp11)
A group for students, faculty and staff who are dealing with HIV infection. Medical, emotional and social issues will be discussed. (Group will be held depending on response.)
Please call for schedule.

International Students Support Group

Shinhee Han, CSW (sh85)
A group for foreign students who have been in the United States for at least one year.
Thursdays, 12 noon – 1:30 pm

Strict standards of confidentiality are maintained at all times.

Mental Illness in the Family Support Group

Wendy Greenspun, PhD (wg31)
Robin Cautin, PhD
A group for students who have an immediate family member with a major mental illness, such as manic depressive illness or schizophrenia. The group will explore the impact of living with such an illness as part of family life.
Mondays, 4:00 – 5:30 pm

Multicultural Coming Out Support Group

Laura Pinsky, CSW (lp11)
Calvin Chin, PhD (cc803)
A group for gay and bisexual men who are international students or first-generation Americans from cultures that are particularly hostile to homosexuality.
Wednesdays, 6:30 – 7:45 pm

Parenting Support Group

Mary Segarra, PhD (ms372)
A discussion and support group for students who are also parents.
Please call for schedule.

Returning Students Support Group

Judith Hanlon, PhD (jh298)
A group for returning students who have taken medical or other leave and are transitioning back to school.
Fridays, 10:30 am – 12 noon

Survivors of Sexual Abuse Support Group

Rachel Efron, PhD (re15)
A group for women who have experienced abuse in childhood or adolescence.
Thursdays, 5:00 – 6:30 pm

Women of Color Support Group

Janice Bennett, PhD (job5)
A group to explore issues relevant to women of color, including identity, relationships, career, and family issues.
Wednesdays, 5:30 – 7:00 pm

WORKSHOPS

Study Skills Seminar

Shinhee Han, CSW (sh85)
A 3-session seminar to help combat procrastination, improve time management, and assess and strengthen reading, writing, concentration and memory skills.
Thursdays, 4:00 – 5:30 pm
(Sept. 23 – Oct. 7)

Work Block Workshop

William G. Sommer, MD (wgs2)
A 6-session workshop on procrastination and cramming on papers, studying, exams, and dissertations.
Mondays, 1:15 – 2:45 pm
(Oct. 11 – Nov. 22)

Columbia University
Health & Related Services
John Jay Hall * Lerner Hall

CU HRS