

Fall 2020 Online Group Therapy

Group therapy can be a great way to receive support to help with personal growth and to address many concerns college students face. Groups meet via Zoom unless specified otherwise.

Call the Carruth Center to set up a triage appointment to learn more about our groups (304-293-4431).



First Year Student Support Group

Group for first year students to connect and discuss the transition to college. Will include some outdoor, in-person meetings.

Wednesdays 4:30-6 pm via Zoom. Contact Sarah (srberkey@mail.wvu.edu) or Sandy (scorbet1@mail.wvu.edu).

Undergraduate Support Group

Group for undergraduate students to connect and explore concerns related to school, work, family, relationships, and well-being.

Mondays 5-6:30 pm via Zoom. Contact Ife (ife.sinclair@mail.wvu.edu) or Phil (philip.schulte@mail.wvu.edu).

Graduate Support Group

Group for graduate students to connect and explore concerns related to research, mentorship, well-being, and work-life balance.

Mondays 5-6:30 pm via Zoom. Contact Yaping (yaping.anderson@mail.wvu.edu) or Emily (emily.shrider@mail.wvu.edu).

Community Support Group

A weekly, confidential group aimed at creating a supportive space where students can explore their experience as a member of the LGBTQ+ community.

Thursdays 5-6:30 pm via Zoom. Contact Julie (julie.kennedyrea@mail.wvu.edu).

Mindfulness-Based Stress Reduction Group

Group for students who want to learn more about how mindfulness and other coping skills can help manage stress and improve well-being.

Tuesdays 3-4:30 pm via Zoom. Contact Jessica (jessica.johnstonyork@mail.wvu.edu) or Emily (emily.melhorn@mail.wvu.edu).

Anxiety 101

Anxiety 101 is a 3-week workshop where you will learn strategies to help understand and manage anxiety.

Mondays 5-6 pm via Zoom. Contact Sara (sara.disimone@mail.wvu.edu).

Manage Your Mood

This is a 3-week workshop focused on learning strategies to cope with depression.

Wednesdays 2-3:30 pm via Zoom. Contact Seth (seth.haxel@mail.wvu.edu).

Relationship 101

Relationship 101 is a 3-week workshop focused on building healthy relationship dynamics.

Mondays 5-6:15 pm via Zoom. Contact Claire (claire.barbetti@mail.wvu.edu).

Embracing Your Body 101

This is a 3-week series workshop for women who want to further their journey towards body acceptance.

Mondays 4-5:30 pm via Zoom. Contact Stephanie (stephanie.harrison@mail.wvu.edu).

Stress Management

This is a drop-in, no commitment required group to focus on managing stress and improving resiliency.

Wednesdays 4-5 pm via Zoom. Contact Jessica (jessica.johnstonyork@mail.wvu.edu).