Menu of Services

STUDENT HEALTH AND COUNSELING

• INDIVIDUAL TELE-COUNSELING
• VIRTUAL COMMUNITY GROUP
• VIRTUAL GROUP ART THERAPY
• WEEKLY MEDITATION
• MENTAL HEALTH MONDAYS
• SILVERCLOUD

For more information:
www.uwrf.edu/StudentHealthAndCounseling/
Contact us at counselingservices@uwrf.edu
or 715-425-3884
Menu of Services

VIRTUAL GROUPS

CLOSED GROUPS: (SIGN-UP REQUIRED)
ART THERAPY- STARTING FEB 23RD, TUESDAYS 1–2PM
MEDITATION: WEEKLY EMAILS
COMMUNITY GROUP: WEDNESDAYS AT 2PM

OPEN GROUPS: (OPEN TO ALL)
MENTAL HEALTH MONDAYS: MONTHLY PACKAGE DELIVERY WITH SIGN-UP, MEETS 3RD MONDAY EACH MONTH, 1–2PM

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