

Thrive

Are you a male person of color who is in need of support here at MCC ? This is the group for you!



**When: Every Tuesday Starting February
13th @ 3:00pm**

Where: MCC Counseling Center 3-103

Thrive

Facilitator



Junior Dillion, LMHC

How to refer/join

Email or call on

jdillion@monroecc.edu

Phone: (585) 292-2252

Or Drop in

About me

Working with individuals who are transitioning in their lives is what I do best. Over the last 13 years, I have had a wide range of experiences working with people from different age groups and backgrounds who are seeking advancement in their lives. For those I serve, support, education and self-reflection are the best ways to help individuals persevere and overcome challenges.



The Group

This group aims to bring people together who are facing similar issues, whether that is major changes in life, racism, academic struggles and low self-esteem. A support group can help students increase coping strategies and feel less isolated as they make connections with others facing similar challenges. The group will provide both formal and informal mentoring that will benefit students in a range of areas including mental-wellness, interpersonal skills and access to resources.

Benefits of Group

Assures individuals that they are not alone and that other individuals share similar problems and struggles. Allows individuals to develop self-awareness by listening to others with similar issues. Members will have the opportunity to receive multiple perspectives, support, encouragement and feedback from other individuals in a safe and confidential setting.

Group Goals

- Help Students adjust to college environment
- Increase knowledge of college and community resources
- Establish peer support network
- Provide safe environment for open dialogue
- Help students develop and define goals that will lead to academic success

Format

- Open to all male MCC students of color
- Ongoing weekly
- Drop-ins allowed
- No charge