Providing fundamental skills through supportive group programming.

**SYMPOSIUM SCHEDULE**

**re:MIND**

**Anxiety symposium**

- Tuesday 3:15-4
- Thursday 10-10:45
- Friday 11-11:45

**Depression symposium**

- Tuesday 1-1:45
- Thursday 11-11:45
- Friday 2-2:45

*The BCC symposium is not a source for emergency care. If you have an immediate safety concern, please utilize the following phone numbers:
During business hours - 781-756-3730
After hours - 781-756-3785*
Purpose of the re:MIND Symposia

The re:MIND Symposia program helps students to build essential, fundamental mental health skills and knowledge.

Most of the students who come to the BCC report symptoms relating to depression and anxiety.

Many of these students report that gaining insight into their concerns leads to a decrease in their symptoms.

They also find that future support services are more effective when built on this foundation of critical knowledge.

About the re:MIND Symposium

Overview
Each re:MIND Symposia group is run by a trained clinician and specifically focused on a clinical issue. Groups are offered as 4 weekly sessions at varying times throughout the week. Groups will focus on education, skill building, and foundational knowledge.

Individualized care
During your assessment, you will meet a therapist who will be your primary contact person throughout your time at the BCC. If you find that you would like to pursue individual or additional group therapy after you’ve completed the Symposia, your primary therapist will help you with arranging the next step in your care.

Further questions
Any further questions can be addressed directly with an assessment clinician. If you do not have an assessment scheduled, Please feel free to schedule one by calling our administrator 781-736-3750.

Student Care and the re:MIND Symposia

The re:MIND Symposium program is not a requirement for care at the BCC. However, we hope that students begin to see this option as a valuable resource in obtaining fast, efficient care.

The re:MIND Symposia are offered in addition to all other BCC services. Each student who begins treatment with us, or who has been an ongoing client struggling with symptoms of depression or anxiety, has the option to attend.

The re:MIND Symposia are a supportive option for those students seeking weekly care. Group therapy is a powerful tool to reduce isolation, normalize experience, and learn about yourself in relation to others.