GROUPS FOR GRADUATE STUDENTS
COUNSELING + PSYCHOLOGICAL SERVICES

uhs.berkeley.edu/students/counseling/calendar.shtml
To get a referral for a pre-group screening, please call (510)-642-9494

Managing Stress, Anxiety & Depression
Skills Group
• Wednesdays, 3:15 – 4:45 pm
These 8-week groups are for students experiencing mild to moderate anxiety, depression or stress. Participants will learn cognitive & behavioral coping strategies and will have an opportunity to engage in discussion and to give & receive support. Some topics include: self-care, relaxation, developing healthier thinking, time management, procrastination prevention, increasing happiness, decreasing anxiety & building social support.

Graduate Women’s Support
Support Group
• Mondays, 5:00 – 6:30 pm
(Contact: Linda Zaruba, PhD at 510-643-5447)
This support group is offered for graduate students identify as female and want to come together to share the challenges and struggles of being a grad student, discuss ways to balance school & personal life, discuss relationships with advisors and peers, increase self-confidence, and develop relationships with other women in grad school.

Graduate Men’s Support
Support Group
• Thursdays, 2:10 – 3:40 pm
(Contact: John Sauvé, PsyD at 510-642-6631)
This support group is offered for male grad students who wish to come together to discuss the challenges of being a grad student, ways to deal with the hurdles & hassles of school, find ways to connect with others, discuss relationship issues, and consider ways to manage stress & live a balanced life as a Berkeley.

Grad Student’s Support
Support Group
• Fridays, 3:15 – 4:45 pm
This support group is designed for graduate students who want a space to discuss the stresses of grad school, how to navigate relationships with colleagues and advisors, and ways to balanced school with other interests like personal relationships, family and leisure outlets.