Managing Stress, Anxiety & Depression – *Undergrad & Grad*
- Mondays, 4:15 – 5:45 pm
- Tuesdays, 5:00 – 6:30 pm
- Wednesdays, 3:15 – 4:45 pm - GRAD STUDENTS ONLY
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.

Managing Social Anxiety – *Undergrad & Grad*
- Tuesdays, 4:30 – 6:00 pm
This group is for students who want to learn new tools to manage social anxiety, practice new social skills (like approaching new people, starting conversations, making small-talk, engaging in self-disclosure, building relationships), and develop more assertiveness.

Mindfulness Meditation – *Undergrad & Grad*
- Mondays, 3:15 – 4:45 pm
- Thursdays, 4:30 – 6:00 pm
Mindfulness meditation is the practice of focusing your mind on the present moment to become more aware of thoughts, feelings and sensations as they occur without judging them. In this weekly group, participants will learn general mindfulness meditation skills by doing a variety of mindfulness exercises together, discussing their experiences doing the exercises, and considering ways to apply mindfulness in daily life.

Mindfulness for Stress Reduction & Resilience – *Undergrad & Grad*
- Fridays, 10:15 – 11:45 am
This 8-week group is offered for students who want to learn and practice mindfulness as a means to reduce stress and develop resilience. Each weekly group session will have a different topic or theme related to mindfulness-based stress relief. Participants will practice mindfulness exercises and learn ways that mindfulness can be used to manage stress and facilitate new ways of coping with challenges.

Managing Emotions Skills – *Undergrad & Grad / Pre-group meeting required*
- Fridays, 10:15 – 11:45 am
- Fridays, 1:15 – 2:45 pm
This group, based on Dialectical Behavior Therapy (DBT), is designed to teach students skills to manage and regulate emotions more effectively. In a structured and supportive environment, participants will learn skills to modify behavioral, emotional, and thinking patterns associated with problems in living that cause misery and distress. Participants MUST be in concurrent individual therapy to participate in this group.

From Self-Criticism to Kindness – *Undergrad & Grad*
- Wednesdays, 3:15 – 4:45 pm
This support group will provide a space for students to learn skills for building self-compassion and kindness, as well as opportunities to offer support to one another. Topics will include: fostering an attitude of kindness towards self & others, building self-esteem through self-acceptance, and using mindfulness to facilitate resilience & self-confidence.

Grief & Loss Support – *Undergrad & Grad / Pre-group meeting required*
- Wednesdays, 4:15 – 5:45 pm
This support group is for students who have had a significant person in their life die more than 3 months ago. The group provides a safe space to learn about the grieving process, share experiences of loss, and give & receive emotional support.
**Womyn of Color Support Circle** – Undergrad & Grad / Pre-group meeting required
- Mondays, 5:00 – 6:30 pm
  (Contact: Karina Ramos, PhD at 510-643-2894)
This support group is designed to provide a supportive space where both graduate and undergraduate women of color can engage in discussion, exploration and self-expression related to the challenges, complexities, and celebrations related to their life at UC Berkeley.

**Queer Womyn of Color Support** – Undergrad & Grad / Pre-group meeting required
- Tuesdays, 5:00 – 6:30 PM
  (Contact: Bree McDaniel, PsyD at 510-642-2709)
This support group is designed for self-identified women who love women, regardless of other identities or labels. Together we will work to create a safe, confidential place where we can discuss our multiple identities, communities, coming out, self-esteem, relationships, sexuality, the "isms", and other topics of interest.

**Grad Student’s Support** – GRAD STUDENTS ONLY
- Fridays, 3:15 – 4:45 pm
  (Contact: John Sauvé, PsyD at 510-642-6667)
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.

**Graduate Women’s Support** – GRAD STUDENTS ONLY
- 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** – GRAD STUDENTS ONLY
- Thursdays, 2:10 – 3:40 pm
  (Contact: Rich Chiovarelli, 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.

**Transfer, Re-Entry & Student-Parent Support** – Pre-group meeting required
- Fridays, 1:15 – 2:45 pm
  (Contact: Laura Alie, PsyD at 510-642-9331)
This weekly support group is offered for transfer students and older undergrads returning to college who want to come together to discuss ways of adjusting to the academic, social and cultural challenges of life at Cal. We’ll discuss ways to connect with others, access academic and social support, shift expectations, deal with relationship issues, and consider living a balanced life as a Berkeley undergrad.

**Understanding Self and Others** – Grad & Undergrad / Pre-group screening required
- Wednesdays, 5:00 – 6:30 pm
  (Contact: Linda Zaruba, PhD at 510-643-5447)
This weekly therapy group is designed to foster greater self-awareness and more satisfying relationships by exploring how your background and upbringing affect your relationships, becoming more aware of your thoughts and feelings, and exploring your “here-and-now” feelings with other group members.