Harm Reduction Group  
(Undergraduate & Graduate Students)  
This group acknowledges that different goals work for different people. With the support of the group, you can work on finding the right balance for yourself, in order to get what you want from your substance use choices, without the things you don’t want.  
• Tuesdays, 4:15 – 6:00 pm

Sobriety for Today Group  
(Undergraduates & Graduate Students)  
This group is for students who are interested in getting, or staying, sober for this semester. Whether sobriety is a shorter-term goal, or a part of a longer-term recovery plan, this group is here for you.  
• Wednesdays, 4:15 - 6:00 pm

Managing Emotions Skills Group for Disordered Eating  
(Undergraduate & Graduate Students)  
This group is for students who are struggling with disordered eating and/or an eating disorder. Based on Dialectical Behavior Therapy (DBT), this group is designed to teach students skills to manage and regulate emotions more effectively. In a structured and supportive environment, participants will learn and refine skills to modify behavioral, emotional, and thinking patterns associated with their eating disorder and problems in living that cause distress.  
• Pre-group meeting and concurrent individual therapy is required.  
• Wednesdays, 2:15pm–4pm

Sexual Assault Survivor Group  
(Undergraduate & Graduate Students)  
In the aftermath of a sexual assault (SA) it can be helpful to have a supportive and confidential space to process the myriad ways SA can affect ones’ life. The goal of this group is to find a community of support and help group members regain well-being and a sense of personal power. Although SA impacts students of all genders this group is specifically for those who identify as women.  
• Day & Time of group TBA

Queer Men’s Group  
(Undergraduate & Graduate Students)  
This group is for queer, questioning, gay, bi or trans* students who identify as men. In this confidential, supportive space you will have the opportunity to share your story, build relationships, and discuss topics relevant to your experiences at Cal.  
• Thursdays, 4:30–6:00 pm