Virtual Groups for Students

Want to get connected quickly? Join a UHS virtual group today!
Groups are free and do not require health insurance.

To Get Started: Talk with your UHS mental health or medical provider, or call Counseling and Psychological Services (CAPS) at (510) 642-9494. More at uhs.berkeley.edu/counseling/group

Single Session Groups

**Starting a New Medication for Anxiety or Depression -- Undergrad & Grad**
Mondays, 1:45-2:30pm (starts June 1)

This single session psychoeducational group covers the basic facts of common anxiety and depression medications, and factors that increase the likelihood of effectiveness. The group discusses tips and tricks for effective communication with your prescriber for ongoing medication management.

**Insomnia and Sleep Difficulties -- Undergrad & Grad**
Thursdays, 1:45-2:30pm (starts May 28)

This single session psychoeducational group is based on the concept of holistic sleep wellness. It focuses on increasing your understanding of the mechanisms and habits that impact your sleep, in order to help you identify and experiment with behaviors that can improve your sleep and work for you, your body, and your life.

**Grief & Loss -- Undergrad & Grad**
Fridays, 1:45-2:30pm (starts June 5)

This single session psychoeducational group provides information about the nature of grief and loss - whether that's loss of a person, or loss of a relationship (a divorce or a break-up). We will cover the stages of grief, common emotional reactions and feelings, and some tools that you can use to ease your pain during the process of grief.

Skills & Support Groups

**Wellness in Action – Undergrad & Grad**
- Mondays, 3:15 - 4:30 pm (starts June 8)
- Mondays, 10:15 am - 11:45 am (starts July 13)
- Tuesdays, 5:00 - 6:00 pm (starts June 9)

These 4-week skill building groups are for students experiencing stress, mild to moderate anxiety, panic, and depression. Participants will learn mental health and general wellness strategies to build personal awareness, develop coping strategies, and integrate wellness techniques into their daily routines. Participants will have an opportunity to engage in discussion, as well as to give and receive support. Topics include: self-care (e.g.: sleep, exercise, nutrition), thinking patterns and mood, mindfulness, resilience, and fostering positive connections.

**Finding Connection Through Mind-Body Exercises – Undergrad & Grad**
Thursdays, 2:15-3pm (start June 4)

This 3-week group will be focused on connection and wellness. There will be space for students to check in and get support around challenges related to the COVID-19 pandemic. Each week will focus on a different mind-body exercise such as Progressive Muscle Relaxation, Butterfly Hug (Eye Movement Desensitization and Reprocessing EMDR), and tapping (energy psychology).
Healing in Community: A Meditation and Healing Circle for BIPOC
Fridays, 11am-12:15pm (starts June 12)

As the situation with COVID-19 (Coronavirus) continues to evolve feelings of uncertainty, anxiety, fear, and social isolation can be overwhelming. As we engage in responsible physical distancing to support our wellbeing and that of others during this unique time, we also acknowledge that many communities draw strength in the power of visibility and gathering together in fellowship.

This 6-week group is offered for students who identify as Black, Indigenous, or Person of Color as an opportunity to center the healing of our individual and collective wellbeing in solidarity and with a supportive community. Each session will begin with meditation instruction and a 20-30 min guided meditation practice, followed by exploration of a topic or theme related to cultivating grounding and resilience in difficult times. To join the group please call Jaiza Jones, LCSW at 510-643-2893 and leave your name, phone number, and student ID. You can also talk with your UHS mental health or medical provider, or call Counseling and Psychological Services (CAPS) main line at 510-642-9494 to get started.

Health & Healing – Undergrad & Grad
Date & Time TBD, please see uhs.berkeley.edu/counseling/groups for details

This 3-week group will explore the mind-body connection and the unique ways in which stress and trauma are manifested for students living with new or chronic medical conditions. We will reflect on healing and holistic self-care and learn creative coping strategies. Talk with your UHS mental health or medical provider, or call Social Services at (510) 642-6074 to get started.

Black Womxn Healing Circle – Undergrad & Grad
Mondays, 3:30-5pm (starts June 1)  (Contact: A. Jaiza Jones, A.M., LCSW at (510) 643-2893)

The weekly group is designed to provide a supportive space for undergraduate and graduate self-identified womxn of African descent to explore the challenges of navigating life at UC Berkeley. It provides a weekly opportunity to engage in cultivating self-care and wellness practices, to build meaningful connections and create a mutually supportive and inclusive community. To join the group please call Jaiza Jones, LCSW at 510-643-2893 and leave your name, phone number, and student ID. You can also talk with your UHS mental health or medical provider, or call Counseling and Psychological Services (CAPS) main line at 510-642-9494 to get started.

Healthy Relationships – Undergrad & Grad
Thursdays, 2:30-4pm (starts June 25)

This 4-week series is designed to help students gain understanding and tools to build and maintain a healthy interpersonal relationship. Topics include four types of attachment styles, recognizing unhealthy patterns, relationship boundaries, improving communication and managing conflicts. Students will have opportunities to share their experiences, particularly during COVID-19 shelter-in-place and offer support.

Men of Color Support Circle – Undergrad & Grad
Wednesdays, 3:15–4:45pm (starts June 10) (Contact: Adisa Anderson, PhD at (510) 642-9270)

This 6-week support group is offered for students who self-identify as Black, Indigenous, or men of color and want to come together to share the challenges and concerns of navigating life at UC Berkeley, discuss ways to foster balanced well-being, engage in self expression, encourage each other in creating community, and connect with one another for mutual support. To join the group please call Adisa Anderson, PhD at 510-642-9270 and leave your name, phone number, and student ID. You can also talk with your UHS mental health or medical provider, or call Counseling and Psychological Services (CAPS) main line at 510-642-9494 to get started.

Grief & Loss Support – Undergrad & Grad / Pre-group meeting required
Thursdays, 1:30-3pm (starts June 11)  (Contact: Christine Chang, PhD at (510) 643-2897)

This 8-week 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. To join the group, please contact Christine Chang, PhD at 510-643-2897 and leave your name, student ID, and call back number. You can also talk with your UHS mental health or medical provider, or call Counseling and Psychological Services (CAPS) main line at 510-642-9494 to get started.
AOD Harm Reduction Group
Fridays, 2:15-4pm (starts May 22)
This weekly 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. Please call Social Services at 510-642-6074, to set up an intake with an AOD counselor to get started.

Heal and Connect - Group for Survivors of Sexual Assault and Interpersonal Violence
Tuesdays 2:30-4pm (start TBD, please check uhs.berkeley.edu/counseling/group)
This weekly group provides a supportive environment to help sexual assault survivors break their silence and look at how the assault continues to affect day-to-day life. The goal of the group is to help survivors regain a sense of well-being and personal power. Come join others who are working towards resolution of the experience and share a common understanding. Although sexual assault (SA) and interpersonal violence (IPV) impacts students of all genders, this group is for those who identify as womxn including trans, non-binary, and gender noncomforming students. The group is free and confidential. Please call Social Services at 510-642-6074 to get started.

Graduate Men’s Support – Graduate Students Only
Thursdays, 1:30-3pm (starts June 11)
This weekly support group is offered for students who self-identify as 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 student.

Interpersonal Process Groups

Understanding Self and Others – Grad & Undergrad / Pre-group meeting required
Thursdays 1:30-3pm (starts June 11)
This 8-week 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.