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

Single Session Groups

To Get Started: talk with your UHS mental health or medical provider, or call Counseling and Psychological Services (CAPS) at (510) 642-9494.

Starting a New Medication for Anxiety or Depression
Monday, 1:45-2:30pm (Jan 11 - May 7)
Facilitated by Raghav Suri, PsyD
This single session psycho-educational 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.

Holistic Sleep Wellness: Behavioral Changes to Reduce Insomnia and Sleep Difficulties
Thursdays, 1:45-2:30pm (Jan 11 - May 7)
Facilitated by Robyn Paphathakis Shannon, PsyD
This single session psycho-educational 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.

Worry, Stress, and Your Health
Alternate Tuesdays, 1:45-2:30pm (Jan 11 - May 7)
Facilitated by Heath Schechinger, PhD
This single session group is focused on increasing your understanding of (1) the body’s physical sensations and responses, (2) the different ways that persistent worry about our health may impact our stress response and behaviors, and (3) strategies for coping with thoughts, behaviors, and emotions related to health, pain, and physiological sensations.

Skills and Support Groups

To Get Started: Unless otherwise stated in the description, register at tinyurl.com/capsgroup2020, sign up via your eTang portal, talk with your UHS mental health or medical provider, or call (CAPS) at (510) 642-9494. Groups noted with an * requires a brief pre-group meeting with the group facilitator(s) before joining.

Wellness in Action Toolbox
Session A: Thursdays, 2:15-3:45pm (Feb 11 - March 4)
Facilitated by Denise Goitia, MSW and Danielle Davidson, LCSW

Session B: Wednesdays, 2:15-3:45pm (April 7 - April 28)
Facilitated by Jeanine Baillie, PsyD and Zdravko Rozic, BA

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, resailience, and fostering positive connections.
Wellness in Action Drop-In
Thursdays, 3:15-4pm (Feb 11 - May 13)
Facilitated by Jeanine Baillie, PsyD and Lisa Quach, MSW

This drop-in skill building group is 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. The drop-in format is flexible to allow students to join at any point and still gain insight/benefit from collective wisdom.

Wellness in Action Drop-In, Healthy Relationships Edition
Tuesdays, 3:15-4:45pm (March 30 - May 11)
Facilitated by Claytie Davis III, PhD, ABPP and Summer Jackson, MSW

This drop-in skill building group is for students experiencing relationship stress, mild to moderate anxiety, panic, and depression related to COVID 19. Participants will learn mental health and general wellness strategies to build personal awareness, healthy + effective communication, and foster healthy relationships in the context of the COVID 19 pandemic. 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, information about healthy relationships and tips for effective communication, mindfulness, and resilience. The drop-in format is flexible to allow students to join at any point and still gain insight/benefit from collective wisdom.

Understanding Self & Others*
Thursdays, 3:30-5pm (Feb 18 - April 15)
Facilitated by Kusha Murarka, PsyD and Kiet Huynh, PhD

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.

Understanding Self & Others*
Tuesdays, 3:15-4:45pm (March 2 - April 27)
Facilitated by Raquel Castellanos Miller, MSW and Andrea Godinez, MA

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. This group requires a brief pre-group meeting with the group facilitator(s) before joining.

Managing Emotions*
Thursdays, 2:15-4pm (Feb 18 - April 29)
Facilitated by Paige Lee, PhD and Raquel Castellanos Miller, MSW

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.

Mindfulness Meditation Drop-In
Mondays, 4:15-5pm (Feb 22 - May 10)
Facilitated by Kin Ming Chan, PhD

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 drop-in 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. The drop-in format is flexible to allow students to join at any point and still gain insight/benefit from collective wisdom.
**Mindfulness Meditation**  
Wednesdays, 10:15am-11:45am (Feb 24 - April 7)  
Facilitated by Sam Tourek, PhD, and Paul Eastman, EdS

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 6-week 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.

**Grief and Loss Support**  
Thursdays, 1:15-3pm (Feb 25 - April 22)  
Facilitated by Christine Chang, PhD

This 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.

**From Self-Criticism to Kindness**  
Fridays, 10:15-11:45am (Feb 19 - April 16)  
Facilitated by Amy Honigman, PhD and Mar Chung, PhD

This 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/mediation to facilitate resilience & self-confidence.

**BIPOC Queer Womxn’s Support Circle**  
Tuesdays, 2:15-3:45pm (Begins Feb 9 and is ongoing)  
Facilitated by Amber Jaiza Jones, LCSW

This support circle is designed for students who identify as Black, Indigenous, or Womxn of Color who love womxn*, regardless of other identities or labels. Together we will build a supportive, affirming, confidential community where we can discuss our multiple intersecting identities, coming out, self-esteem, relationships, gender identity, spirituality, holistic wellness, and other topics of interest. All BIPOC students “who experience life through the lens of womxn in body, spirit, identity--past, present, future, and fluid are welcome” (GenEq).

**BIWOC Black, Indigenous, Womxn of Color Healing Circle Healing**  
Tuesdays, 2:15-4pm (Feb 9 - May 11)  
Facilitated by Cynthia Medina, PhD, and Jevon Rice, MS

This healing circle is designed for self-identified Black, Indigenous, Womxn of Color who wish to come together to create community, connect with one another for mutual support, and discuss the challenges and complexities of life at Cal related to relationships, intersecting identities, coping and holistic well-being, microaggressions and “isms”, imposter syndrome, navigating systems/the university environment, and other topics of interest.

**Black Womxn’s Sister Circle**  
Mondays, 3:30-5pm (Begins Feb 22 and is ongoing)  
Facilitated by Amber Jaiza Jones, LCSW and Geneé Jackson, PhD, BHC

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.

**BIMOC Black, Indigenous, Men of Color Healing Circle**  
Tuesdays, 3:15-4:45pm (Feb 9 - May 4)  
Facilitated by Adisa Anderson, PhD and Danny Meza, PhD

This healing circle is offered for self-identified Black, Indigenous, Men of Color who want to build community through shared solidarity, discuss ways to be rooted in resilience, and explore ways to be centered in mind, body, and spirit. We discuss the complexities of navigating life at UC Berkeley including our intersecting identities, microaggressions and “isms”, academics, career, family, relationships, and maintaining holistic well-being.
AAPI--Community. Voice.
Wednesdays, 4:15-5:45pm (Jan 27 - May 5)
Facilitated by Junichi Shimaoka, PsyD and Jeff Lee, LCSW
This is a support and discussion space for Asian (South Asian, Southeast Asian, East Asian), Pacific Islander and multi-racial/ethnic students. Our diverse AAPI communities are facing multiple challenges in times of pandemic and remote learning, readjusting to living with family, speaking up against systemic social injustices to the AAPI community, allyship with the Black Lives Matter movement.
We can talk about any and all things, with “suggested” topics each week. AAPI identified staff and faculty guests may join on some weeks. The suggested topics range from adjusting to remote learning, impostor syndrome, navigating family expectations, microaggression, xenophobia and racial injustice, intersecting identities, and to personal/emotional wellbeing, and more.
We hope you join each week as part of your regular self care or drop-in for any specific topics. Find the calendar of “suggested topics” here: bit.ly/2Rkq4XX

Asian & Asian-American Womxn Support*
Thursdays, 2:15-3:45pm (Feb 18 - April 29)
Facilitated by Yi Du, PhD and Chiyon Won, PsyD
This group is for students who self-identify as females of any Asian or Asian-American background and seek a safe space to share experiences about identity, navigating between Asian & American values, school stress, and family & relationship issues.

Q-BIPOC Harm Reduction
Fridays, 2-3:30pm, (Date TBD, please check uhs.berkeley.edu/sosgroup for updates)
Facilitated by Darius Taylor, MSW
This weekly group for Queer BIPOC students focuses on goals around substance use, sex, gambling, and screen technology. Grounded in harm reduction, we acknowledge 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 behavioral 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.

Heart Wisdom: BIPOC Meditation and Healing Community*
Thursdays, 3:30-5pm (Feb 18 - April 15)
Facilitated by Amber Jaiza Jones, LCSW
This group is offered for students who identify as Black, Indigenous, or a Person of Color as an opportunity to center the healing of our individual and collective wellbeing in solidarity, and engage in meditation with a supportive community. Sessions will begin with meditation instruction and a 20-30 min guided meditation practice, followed by exploration of a topic or theme related to cultivating resilience in difficult times. This group welcomes those new to meditation and experienced meditators.

USP Undocu Wellness in Action
Tuesdays, 4:30-6pm (Feb 16 - March 30)
Facilitated by Bianca Barrios, PhD and Lisa Quach, MSW
This is a 6 week psycho-educational, skill building group for undocu-students experiencing mild to moderate anxiety, depression, or stress. Members will learn strategies for personal awareness, develop coping tools for stress related issues, and incorporate wellness techniques to shift from surviving to thriving. This group requires a brief pre-group meeting with the group facilitator(s) before joining. You may directly schedule your pre-screen appointment at: wejoinin.com/USPmentalhealth

HeartSpeak: USP Support Circle
Wednesday, 4-5:30pm (Feb 17 - May 5)
Facilitated by Diana Peña, PhD
This weekly support space for undocumented students at Cal will center social connection as a foundation for wellness, racial-trauma healing, and resilience. This group requires a brief pre-group meeting with the group facilitator(s) before joining. You may directly schedule your pre-screen appointment online via: wejoinin.com/USPmentalhealth
**Career Planning: Surviving and Thriving at UC Berkeley**  
Date TBD, please check uhs.berkeley.edu/group for updates  
Facilitated by Kate Zuby, MS and Josh Lee, BA

This 6-week group is designed to help clarify your values related to career planning and set goals for managing stresses associated with imposter syndrome, socio-cultural-familial influences, and indecision. The group will include exercises to increase career self-awareness and strategies for navigating challenges in academic and career planning. Students will also have the opportunity to share their experiences, and give support to their peers experiencing similar stressors.

**Graduate Women’s Support**  
Mondays, 5-6:30pm (Jan 25 - May 10)  
Facilitated by Linda Zaruba, PhD

This support group is offered for students who self-identify as female graduate students who wish 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***  
Thursdays, 1:30-3pm (Jan 21 - May 13)  
Facilitated by Richard Chiovarelli, PsyD

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.

**Heal and Connect - Group for Survivors of Sexual Assault and Interpersonal Violence**  
Tuesdays, 2:30-4pm (Date TBD, please check uhs.berkeley.edu/sosgroup for updates)  
Facilitated by Viviana Urdaneta, LCSW

This group provides a supportive environment to help sexual assault & intimate partner violence 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 students regain a sense of well-being and personal power. Come join others who are working towards healing of the experience and share a common understanding. Although sexual violence and intimate partner violence impacts students of all genders, this group is for those who identify as women*. The group is free and confidential. Please call Social Services at (510) 642-6074, to get started.

**Alcohol and Other Drug Harm Reduction**  
Group 1: Fridays, 2-3:30pm  
Group 2: Tuesdays, 4-5:30pm  
(Dates for both groups are TBD, please check uhs.berkeley.edu/sosgroup for updates)  
Facilitated by Robin Walley, LCSW

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.

**Pathways to Health & Healing**  
Thursdays, 2:30-4pm (Date TBD, please check uhs.berkeley.edu/sosgroup for updates)  
Facilitated by Shanta Jambotkar, LCSW and Erin O’Connor, LCSW

This weekly virtual group is for students who navigate the impacts of physical injuries and/or newly diagnosed or chronic health conditions. Welcoming of all social and cultural identities, this space will build a community for coping and thriving. Themes will include the powerful connection between mind and body; how past body pain, negative thoughts, and challenging emotions can resurface with present stressors; and the interplay between healing and wellbeing. Members will exchange and co-create strategies that promote healing in their daily lives. If interested, please contact Social Services at (510) 642-6074 to connect with a group facilitator.
Myths and Truths about Group Counseling

**MYTH**

Group counseling is second best to individual counseling.

I'm uncomfortable speaking up, I will never be able to speak in a counseling group.

I will be the only one with my problem in the group. No one else will understand me.

I will be forced to share my concerns and worries with strangers.

The group facilitators or the other group members will judge me.

Group members will share my secrets with their friends.

I will be verbally attacked in Group Counseling.

**TRUTH**

Group counseling has been found to be just as effective as individual counseling in improving mental health. In some cases, group counseling has been found to be more effective than individual therapy.

Many people feel anxious about speaking up in groups. Group members usually find that over time they start to feel safe enough to participate.

Group members find it helpful to learn that others are going through similar issues, and find it supportive to learn new ways to cope and grow through adversity.

Group members share when they feel comfortable and only what they wish to share. All group members have the right to “pass” if they do not feel comfortable sharing in the moment.

The Group facilitator’s role is to promote a brave and non-judgmental space and to facilitate discussion.

Group members are asked to respect the privacy of other group members and to agree to not share any identifying information outside the group.

Group facilitators and members ensure the group is a brave space where group participant agreements are agreed to and respected. A benefit of group is receiving wisdom, feedback, and ideas from both peers and group facilitators in a respectful and supportive manner.