GROUPS FOR STUDENTS
COUNSELING + PSYCHOLOGICAL SERVICES
uhs.berkeley.edu/counseling/group
To get a referral for a pre-group screening, please call (510)-642-9494

SKILLS GROUPS

**Wellness in Action Toolbox – Undergrad & Grad**
- Tuesdays, 10:15 - 11:45 am (start 2/11)
- Wednesdays, 4:15 - 5:45 pm (start 2/19)
- Thursdays, 4:15 - 5:45 pm (start 2/20)
- GRAD ONLY, Fridays, 10:15 - 11:45 am (start 3/6)
- END OF SEMESTER (3 weeks) Mondays, 10:15-11:45 am (Start 4/6)
- END OF SEMESTER (3 weeks) Fridays, 10:15-11:45 am (Start 4/24)

These 4 week psycho-educational, skill building groups are for students experiencing mild to moderate anxiety, depression or stress. Participants will learn strategies to build personal awareness, develop coping strategies, and ways to incorporate wellness techniques into daily routines. Participants will also have an opportunity to engage in discussion, and to give and receive support. Topics include: self-care (e.g.; sleep, exercise, nutrition), thinking patterns and mood, mindfulness and fostering social supports.

**Mindfulness for Stress Reduction & Resilience – GRAD STUDENTS ONLY**
- Wednesdays, 3:15–4:45 pm (Eshleman Hall)

This 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.

**Mindfulness Meditation – Undergrad & Grad**
- Mondays, 1:15–2:45 pm
- Thursdays, 4:15–5:45 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.

**Managing Emotions Skills – Undergrad & Grad / Pre-group meeting required**
- Wednesdays, 2:00–4:00 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.

**Healthy Relationships – Undergrad & Grad**
- Fridays, 11:15–12:45 pm

This 4-week workshop series is designed to help students obtain the tools to find, build, and maintain a healthy intimate relationship. Topics include: “building relationships”: identifying ideals, sharing values, fostering communication, respecting boundaries, etc. and “fixing relationships”: recognizing unhealthy patterns, resolving conflicts, and, if needed, breaking up and moving on.

**From Self-Criticism to Kindness – Undergrad & Grad**
- Fridays, 10:15–11:45 am

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.

**Career Planning: Surviving and Thriving at CAL – Undergrad & Grad**
- Tuesdays, 4:30-6:00pm

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.
SUPPORT GROUPS

Moving Between Worlds: Asian & Asian-American Women’s Support – Undergrad & Grad /Pre-group screening required
• Mondays, 4:15-5:45 pm (Contact: Yi Du, PhD at 510-642-6722)
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.

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 self-identified 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.

Queer Womxn of Color Support Circle– Undergrad & Grad / Pre-group meeting required
• Fridays, 12:30–2:00 pm (Contact: A. Jaiza Jones, A.M., LCSW at 510-643-2893)
This support group is designed for self-identified womxn who love womxn, 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.

Womxn of Color Support Circle – Undergrad & Grad / Pre-group meeting required
• Tuesdays, 3:15-4:45 pm (Contact: Cynthia Medina, PhD at 510-664-9099)
This support group is designed to provide a supportive space where both graduate and undergraduate students who identify as women of color can engage in discussion, exploration and self-expression related to the challenges, complexities, and celebrations related to life at UC Berkeley.

Black Womxn Healing Circle – Undergrad & Grad
• Mondays, 3:30-5:00 pm (Contact: A. Jaiza Jones, A.M., LCSW at 510-643-2893)
The 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.

Graduate Men’s Support – GRAD STUDENTS ONLY / Pre-group meeting required
• Thursdays, 1:30-3:00pm
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 student.

Men of Color Support Circle – Undergrad & Grad / Pre-group meeting required
• Wednesdays, 3:15-4:45 pm (Contact: Adisa Anderson, PhD at 510-642-9270)
This support group is offered for students who self-identify as men of color and want to come together to share the challenges and concerns of life at Cal, 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.

Grief & Loss Support – Undergrad & Grad / Pre-group meeting required
• Thursdays, 3:30-5:00pm (Contact: Christine Chang, PhD at 510-643-2897)
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.

INTERPERSONAL GROUPS

Understanding Self and Others – Grad & Undergrad / Pre-group meeting required
• Thursdays 2:15–3:45 pm • Fridays 3:15–4:45 pm
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.