GROUPS FOR STUDENTS
COUNSELING + PSYCHOLOGICAL SERVICES

SKILLS GROUPS

Managing Stress, Anxiety & Depression – Undergrad & Grad
- Mondays, 10:15–11:45 am
- Wednesdays, 4:15–5:45 pm
- Tuesdays, 1:15-2:45 pm - GRAD ONLY
- Thursdays, 4:15–5:45 pm

These 6-week groups are for students experiencing mild to moderate anxiety, depression or stress. Participants will learn cognitive & behavioral coping strategies. Participants will also have an opportunity to engage in discussion, and to give & receive support. Some topics include: self-care & relaxation, developing healthier attitudes, improving relationships, building social support.

Mindfulness for Stress Reduction & Resilience – Undergrad & Grad
- Fridays, 10:15–11:45 am

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, 2:15–3:45 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
- Tuesdays, 10:15–11:45 am

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
- Tuesdays, 4:15–5:45 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
- Wednesdays, 3:15–4:45 pm

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 to facilitate resilience & self-confidence.

Fostering Social Connections – Undergrad & Grad
- Wednesdays, 5:00–6:30 pm

This group is for shy or anxious students who want to learn & practice social skills (like meeting new people, starting conversations, making small-talk, practicing self-disclosure, building relationships), find tools to manage social anxiety, and learn assertiveness skills. The group will include discussion, interaction & role playing.
**INTERPERSONAL GROUPS**

**Understanding Self and Others – Grad & Undergrad / Pre-group screening required**

- 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.

*Queer Men’s Support offered through Social Services Dept. Contact Tobirus Newby, LCSW at 510-643-0283*