GROUPS FOR STUDENTS  
COUNSELING + PSYCHOLOGICAL SERVICES

uhs.berkeley.edu/students/counseling/calendar.shtml
To get a referral for a pre-group screening, please call (510)-642-9494

Skills Groups

Managing Stress, Anxiety & Depression – Undergrad & Grad
- Section 1: Wednesdays, 4:15 – 5:45 pm (6 weeks)
- Section 2: Tuesdays, 2:15 – 3:45 pm (3 weeks)
- Section 3: Wednesdays, 4:15 – 5:45 pm (3 weeks)

This 3 or 6-week group is for students experiencing mild to moderate anxiety, depression or stress. Participants will learn cognitive & behavioral coping strategies to decrease anxiety, alleviate depression & manage stress. Participants will also have a chance to engage in discussion, and to give & receive support. Some topics include: self-care & relaxation, developing healthier attitudes, managing stressors & building social support.

Mindfulness Meditation – Undergrad & Grad
- Section 1: Mondays, 3:15 – 4:45 pm (3 weeks)
- Section 2: Thursdays, 4:15 – 5:45 pm (3 weeks)

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.

Fostering Social Connections – Undergrad & Grad
- Fridays, 3:15 – 4:45 pm (5 weeks)

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, and building relationships), find tools to manage social anxiety, and give and receive feedback. The group will include discussion, interaction & some role playing.

From Self-Criticism to Kindness – Undergrad & Grad
- Fridays, 3:15 – 4:45 pm (6 weeks)

This skills and support 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.

Healthy Relationships – Undergrad & Grad
- Thursdays, 4:15 – 5:45 pm (4 weeks)

This 4-week workshop series is designed to help students obtain the tools to find, build, and maintain a healthy intimate relationship. Some topics include: identifying ideals, sharing values, fostering communication, respecting boundaries, recognizing unhealthy patterns, resolving conflicts, and if needed breaking up and moving on.
Womyn of Color Support Circle – Undergrad & Grad / Pre-group meeting required
• Wednesdays, 3:15 – 4:45 pm
  (Contacts: Cynthia Medina, PhD at 510-644-9099 or Ivonne Mejia, PsyD at 510-642-9230)
This support circle is designed to provide a safe and healing space where both graduate & undergraduate self-identified women of color can engage in discussion, exploration and self-expression. The group provides a forum to share the challenges, complexities, and celebrations participants experience as womyn of color.

Men of Color Support – Undergrad & Grad / Pre-group meeting required
• Tuesdays, 4:15–5:45 pm
  (Contact: Adisa Anderson, PhD at 510-642-9270)
This support group is offered for both graduate & undergrad students interested in a supportive forum for exploring their experiences as self-identified men of color. We’ll discuss the unique challenges participants face in their academic, professional and personal lives. Topics include masculinity, racial/ethnic identity, the “isms,” academics, career development, relationships, sexuality, emotional expression & general well-being as men of color.

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 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 Womyn of Color Support – Undergrad & Grad / Pre-group meeting required
• Fridays, 3:15 – 4:45 pm
  (Contacts: Elizabeth Aranda, PhD at 510-644-9123 or Elisa Vasquez, MA at 510-644-7419)
This support group is designed for self-identified women who love women, 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.

Graduate Men’s Support – GRAD STUDENTS ONLY / Pre-group meeting required
• Thursdays, 2:00–3:30 pm
  (Contact: Rich Chiavarelli, PsyD at 510-642-6631 or Eric Samuels, PsyD at 510-642-9231)
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.