SKILLS GROUPS

Managing Stress, Anxiety & Depression – *Undergrad & Grad*
• Tuesdays, 2:15 – 3:45 pm
This 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 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 Meditation – *Undergrad & Grad*
• 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*
• Thursdays, 2:15 – 3:45 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.

From Self-Criticism to Kindness – *Undergrad & Grad*
• Wednesdays, 4:15 – 5:45 pm
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.
SUPPORT GROUPS

Womyn of Color Support Circle  — Undergrad & Grad / Pre-group meeting required
• Tuesdays, 4:15 – 5:45 pm
(Contacts: Karina Ramos, PhD at 510-643-2894 or Ivonne Mejia, PsyD at 510-642-1341)

This support group is designed to provide a supportive space where both graduate and undergraduate women of color can engage in discussion, exploration and self-expression related to the challenges, complexities, and celebrations related to their life at UC Berkeley.

Grad Student’s Support & Coping SKills – GRAD STUDENTS ONLY
• Fridays, 1:15 – 2:45 pm  
(Contact: John Sauvé, PsyD at 510-642-6667)

This support group is designed for graduate students who want a space to discuss the stresses of grad school, how to navigate relationships with colleagues and advisors, and ways to foster a balanced life. We will also discuss some cognitive and behavioral coping strategies that can reduce stress.

Women’s Support  — Undergrad & Grad
• Wednesdays, 4:15 – 5:45 pm
(Contacts: Natalie Campos, PsyD at 510-642-5447 or Christine Chang, PhD at 510-642-9246)

This support group is offered for students who identify as female and want to come together to share the challenges and struggles of being a Cal student, discuss ways to balance school & personal life, discuss ways to develop and deepen relationships, increase self-confidence, and connect with other women at Cal.

Men’s Wellness (Skills & Support) – Undergrad & Grad
• Tuesdays, 4:15 – 5:45 pm  
(Contact: John Sauvé, PsyD at 510-642-6667)

This skills and support group is offered for male undergraduate and graduate students who wish to come together to share the challenges and struggles of being a student, learn coping tools to deal with school and personal stress, find ways to connect with others, discuss relationship issues, and help each other develop coping skills to live a balanced, healthy life as a Berkeley student.

Additional groups to be offered Fall Semester
• Grief & Loss Support
• Fostering Social Connections
• Understanding Self & Others
• Transfer, Re-Entry & Student-Parent Support
• Mindfulness for Stress Reduction & Resilience
• Queer Womyn of Color Support