



End-of-Semester Support Groups

These 4-week groups are designed for students who want to come together in a safe space to give & receive support and learn some coping strategies to deal with stress. At each session a new stress management technique will be introduced.

Topics & activities will include:

- Meditation & self-care
- Modifying negative thinking patterns
- Building on strengths
- Developing a plan to deal with end-of-semester stress

Participants also will have a chance to discuss current concerns & get feedback.

Each group meets once per week for 4 weeks.

We ask participants to attend weekly, if possible, and stay for the entire meeting.

DAYS/TIMES:

Group A: **Mondays**, 10:15 - 11:45 am starting November 5

Group B: **Wednesdays**, 4:15 - 5:45 pm starting November 14

Group C: **Thursdays**, 3:15 - 4:45 pm starting November 29

To register, speak to your UHS clinician or call 510-642-9494 to schedule a phone appointment.



UNIVERSITY HEALTH SERVICES *Tang Center*

Counseling and Psychological Services
510-642-9494