SKILLS GROUPS

Managing Stress, Anxiety & Depression – Undergrad & Grad
- Tuesdays, 3:30-5:00 pm (4 weeks, starting early July)

This 4-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, improving relationships, building social support.

Healthy Relationships – Undergrad & Grad
- Wednesdays, 4:15–5:45 pm (4 weeks, starting in early July)

This 4-week workshop 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.

SUPPORT GROUPS

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.

Graduate Men’s Support – GRAD STUDENTS ONLY
- Thursdays, 1:45–3:15 pm (Contact: Rich Chiovarelli, PsyD at 510-642-6631)

This support group is offered for male graduate 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.