Social Services
Counseling Groups for Students
University Health Services – Tang Center
Fall 2017

For more information or to register for a group, please call (510) 642-6074

**Harm Reduction Group** (Undergraduate & Graduate Students)
This group acknowledges that different goals work for different people. With the support of the group, you can work on finding the right balance for yourself, in order to get what you want from your substance use choices, without the things you don’t want.

- Tuesdays, 4:15 – 6:00 pm or,
- Fridays, 2:15 – 4:00 pm

**Sexual Assault & Intimate Partner Violence Survivor Group**
(Undergraduate & Graduate Students)
In the aftermath of a sexual assault (SA) and or Intimate Partner Violence (IPV) it can be helpful to have a supportive and confidential space to process the multiple ways this can affect ones’ life. The goal of this group is to find a community of support and help group members regain well-being and a sense of personal power. Although SA & IPV impacts students of all genders this group is specifically for those who identify as women.

- Please call if you are interested in joining this group.
- Mondays 3:30-5pm

**How the Body Remembers: Pathways to Wellness, Healing and Thriving!**
(Undergraduate & Graduate Students)
We will build a community that offers support and strategies for healing. We welcome people from all cultural communities and identities who have newly diagnosed illness, repeating episodes of health problems, or chronic medical conditions. Each person holds unique, personal experiences in their situations. We explore how to reduce the impact of health traumas that affect our daily routines. We will use coping practices, mindfulness and each other’s knowledge.

- Please call if you are interested in joining this group.

UHS, Social Services, Tang Center, 2222 Bancroft Way, 2nd Floor, (510) 642-6074
http://www.uhs.berkeley.edu/students/counseling/socialservices.shtml