



Social Services

Counseling Groups for Students

University Health Services – Tang Center

Spring 2020



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

Heal & Connect: Survivors Support Group for Students who have experienced Sexual Assault and/or Intimate Partner Violence

(Undergraduate & Graduate Students)

This group provides a supportive environment to help sexual assault survivors break their silence and look at how the assault continues to affect day-to-day life. The goal of the group is to help survivors regain a sense of well-being and personal power. Come join others who are working towards resolution of the experience and share a common understanding. Although SA and IPV impacts students of all genders, this group is for those who identify as womxn including trans, non-binary, and gender nonconforming students. The group is free and confidential.

- Tuesdays, 2:30 - 4:00 pm or,
- Fridays, 2:30 – 4:00 pm

Who Should Join: Survivors of Sexual Assault or Intimate Partner Violence

Location: UC Tang Center

Date & Time: - TUESDAYS 2:30-4 pm OR FRIDAYS 2:30-4 pm weekly

How to Connect or Consult: Please feel free to contact Viviana/Andrea/Lisa to consult at Social Services [\(510\) 642-6074](tel:5106426074). Please add Students to the PnC roster and give us a head's up and we will contact them directly!

* If the student do not identify as a womxn but would like to be part of this group, please give us a call.

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.

- Thursdays, 2:30 – 4:30 pm

Please call the number below if you are interested in joining any of these groups



UNIVERSITY HEALTH SERVICES Tang Center

UHS, Social Services, Tang Center, 2222 Bancroft Way, 2nd Floor, (510) 642-6074

<http://www.uhs.berkeley.edu/students/counseling/socialservices.shtml>