Social Services
Counseling Groups for Students
University Health Services – Tang Center
FALL 2023

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

Alcohol and Other Drug Harm Reduction Group
These weekly groups acknowledge 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. Please call Social Services at 510-642-6074, to set up an intake with an AOD counselor to get started.

- FALL 2023 - Tuesday, 3-4:30 pm (Justin Castello, PhD & Sabrina Van Zuiden, MSW)
- FALL 2023 - Friday, 2-3:30 pm (Robin Walley, LCSW & Erin Power, MSW, MSW)
  Groups start on the week of September 18

Survivors Support Group
This group provides a supportive environment for survivors of sexual assault to gather together and build community. Participants will learn to better understand their present lives in the context of their experiences while learning and practicing skills in grounding and mindfulness. Join this support group of survivors to reclaim a sense of personal power and well-being, as we know healing is amplified by connection. Please call Social Services at 510-642-6074, to set up an intake with Tiffany to get started.

*This group is open to survivors of all genders. This group is free and confidential*

- Thursdays, 1:15-2:30pm Hosted via Zoom (Tiffany Lin, LCSW)
  FALL 2023: September 21 - November 30

Gender Support Group
This group is for transgender, nonbinary, gender expansive, agender, gender diverse, and genderqueer students to come together in a safe, collaborative, nonjudgemental space. Together we will discuss a variety of topics related to being on the gender spectrum including gender identity, intersectional identities, different aspects of transition, coming out and being out at UC Berkeley, navigating family of origin considerations, community resources, academic stress, relationships, sexuality, and resilience.

- Thursday, 2:15 - 3:45 pm (Hez Wollin, LCSW)
  FALL 2023: October 5 - November 30

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