Social Services
Counseling Groups for Students
University Health Services – Tang Center
FALL 2019

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: Sexual Assault & Intimate Partner Violence Survivor Group** *(Undergraduate & Graduate Students)*
This group provides a supportive environment & confidential space to process the multiple ways sexual assault (SA) or Intimate Partner Violence (IPV) can affect one's 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 & share a common understanding. Although SA & IPV impacts students of all genders this group is for those who identify as women. The group is free & confidential.

- **Day, time and location of this group to be determined**

**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.

- **Day, time and location of this group to be determined**

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