Alcohol and Other Drug 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, 2:00 – 3:30 pm (Robin Walley, LCSW)
• Fridays 2:00 – 3:30 pm (Robin Walley, LCSW)

Pathways to Health & Healing
(Undergraduate & Graduate Students)
This group is intended to provide support to UC Berkeley students of all social and cultural identities who experience challenges due to new or chronic physical health conditions or impacts from injury. The space aims to build a community for coping and thriving. Themes will include the powerful connection between mind and body; how past body pain, negative thoughts, and challenging emotions can resurface with present stressors; and the interplay between healing and wellbeing. Members will co-create strategies to promote daily healing.

• Thursdays, 2:30 - 4:00 pm (Shanta Jambotkar, LCSW & Erin O’Connor, LCSW)

Moving Towards Body Trust (Body Image Drop-In Workshop)
This is a virtual, drop-in workshop is offered monthly for anyone interested in improving their body image. We will spark change through activities and discussions that prompt reflection and empowerment. Discussion include: diet cultures, body ideals, joyful movement and intersecting identities. Facilitator: Madeleine Kannan, MSW  Dates for fall 2021:

• Thursday, 10/7, 4:00-5:30pm
• Thursday, 11/18, 4:00-5:30pm
• Thursday, 12/9, 4:00-5:30pm

Registration link: tinyurl.com/6927p67n

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