Social Services
Counseling Groups for Students
University Health Services – Tang Center
Spring 2021

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

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, 4:00 – 5:30 pm (Robin Walley, LCSW)
- Fridays 2:00 – 3:30 pm (Robin Walley, LCSW)

Q-BIPOC Harm Reduction Group (Undergraduate & Graduate Students)
This weekly group for Queer BIPOC students focuses on goals around substance use, sex, gambling, and screen technology. Grounded in harm reduction, we 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 behavioral choices, without the things you don’t want.

- Fridays, 2:00 - 3:30 pm (Darius Taylor, MSW)

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 womxn. The group is free & confidential.

- Tuesdays 2:30- 4:30pm

Heal & Connect WorkShop (All Gender - Undergraduate & Graduate Students)
This workshop provides a supportive environment & confidential space to discuss the multiple ways sexual assault (SA) or Intimate Partner Violence (IPV) can affect one's life. We will discuss common reactions to trauma, internal and external resources, coping skills and grounding. We will utilize a culturally sensitive and a trauma informed approach to talk about strengths and challenges that survivors might experience in their healing process.

- Fridays 1:30p.m. - 3:00 pm

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)

Father's Support Group
Do you sometimes feel isolated as a father? Are you a single dad looking for father support groups? If you are a dad looking to connect with other fathers and build community by sharing experiences then you have come to the right place!

This Spring we are offering a bi-weekly support group for Fathers who are either students or Village residents. Join a vibrant group of fathers and expectant fathers as we discuss a broad range of topics including parenthood, masculinity, discipline, the joys and struggles of fatherhood and many more topics...

- Wednesdays, March 3rd, 11 am-12 pm
- 2x’s a month (1st and 3rd Wednesday)
- Email jstraussman@berkeley.edu, MSW for more information about the group and to sign up