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 - 4:00 pm

Heal & Connect WorkShop (All Gender)

- 3 Sessions only 3/5, 3/12 & 3/19 Fridays 10:30 - 12:00 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)

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

(510) 642-6074

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