



Social Services

Counseling Groups for Students



University Health Services – Tang Center

Fall 2022

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.

- **Tuesday, 2:00-3:30pm (Hez Wollin, LCSW & KG Gehrich, MSW)**
- **Friday, 2:00- 3:30pm (Robin Walley, LCSW & Jennifer Tai, MSW)**

Gender Support Group

This group is for transgender, nonbinary, gender expansive, agender, gender diverse, genderqueer, gender nonconforming students to come together in a safe, collaborative, non-judgmental 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 Cal, navigating family of origin considerations, community resources, academic stress, relationships, sexuality, and resilience and joy. Group requires a pre-group meeting with facilitator before joining. This group will run for 9 weeks on Zoom, beginning on 10/6.

- **Thursday, 2:15 - 3:45pm (Hez, Wollin, 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.

- **Thursday, 2:30 - 4:00 pm (Shanta Jambotkar, LCSW & Erin O'Connor, LCSW)**

Survivors Support Group

This group provides a supportive environment for survivors of sexual violence to gather together & build community. Participants will learn to better understand their present lives in the context of their experiences and practicing skills in grounding and mindfulness. Join this support group to reclaim a sense of personal power and well-being, as we know healing is amplified by connection.

- **Tuesday, 1:15 - 2:30pm (Tiffany Lin, LCSW)**

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>