Social Services
Counseling Groups for Students
University Health Services – Tang Center
Spring 2016
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,
- Wednesdays, 4:15 – 6:00pm

Managing Emotions Skills Group
(Undergraduate & Graduate Students)
This group, based on Dialectical Behavior Therapy (DBT), is designed to teach students skills to manage and regulate emotions more effectively. In a structured and supportive environment, participants will learn skills to modify behavioral, emotional, and thinking patterns associated with problems in living that cause misery and distress.
- Pre-group meeting and concurrent individual therapy is required.
- Fridays, 1:15pm – 3pm

Sexual Assault Survivor Group
(Undergraduate & Graduate Students)
In the aftermath of a sexual assault (SA) it can be helpful to have a supportive and confidential space to process the multiple ways SA can affect ones’ life. The goal of this group is to find a community of support and help group members regain well-being and a sense of personal power. Although SA impacts students of all genders this group is specifically for those who identify as women.
- Fridays, 2:30 – 4pm

Queer Men’s Group
(Undergraduate & Graduate Students)
This group is for queer, questioning, gay, bi or trans* students who identify as men. In this confidential, supportive space you will have the opportunity to share your story, build relationships, and discuss topics relevant to your experiences at Cal, such as coming out, dating, navigating multiple identities, etc.
- Thursdays, 4:15-5:30 pm

UHS, Social Services, Tang Center, 2222 Bancroft Way, 2nd Floor, (510) 642-6074
http://www.uhs.berkeley.edu/students/counseling/socialservices.shtml