



Social Services

Counseling Groups for Students

University Health Services – Tang Center

SPRING 2024



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

Alcohol and Other Drug Harm Reduction

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.

- SPRING 2024 - Tuesday, 3-4:30 pm (Justin Castello, PhD & Sabrina Van Zuiden, MSW); Virtual
- SPRING 2024 - Friday, 2-3:30 pm (Robin Walley, LCSW); Hybrid

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, nonjudgemental 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 facilitators before joining.

- Thursday, 2:15 - 3:30 pm; (Feb 9 - May 4); Virtual
- Facilitated by Hez Wollin, LCSW and Mar Chung, PhD

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>