GROUPS FOR STUDENTS

COUNSELING + PSYCHOLOGICAL SERVICES

Managing Stress, Anxiety & Depression – Undergrad & Grad
• Tuesdays, 4:00 – 5:30 pm (6 weeks, starting late June)
This 6-week group is for students experiencing mild to moderate anxiety, depression or stress. Participants will learn cognitive & behavioral coping strategies to decrease anxiety, alleviate depression & manage stress. Participants will also have a chance to engage in discussion, and to give & receive support. Some topics include: self-care & relaxation, developing healthier attitudes & habits, building social support & increasing happiness.

Mindfulness Meditation – Undergrad & Grad
• Wednesdays, 4:00 – 5:30 pm (6 weeks, starting late June)
Mindfulness meditation is the practice of focusing your mind on the present moment to become more aware of thoughts, feelings and sensations as they occur without judging them. In this weekly group, participants will learn general mindfulness meditation skills by doing a variety of mindfulness exercises together, discussing their experiences doing the exercises, and considering ways to apply mindfulness in daily life.

Healthy Relationships – Undergrad & Grad
• Thursdays, 4:15 – 5:45 pm (4 weeks, starting in early July)
This 4-week workshop is designed to help students obtain the tools to find, build, and maintain a healthy intimate relationship. Some topics include: identifying ideals, sharing values, fostering communication, respecting boundaries, recognizing unhealthy patterns, resolving conflicts, and if needed breaking up and moving on.

From Self-Criticism to Kindness – Undergrad & Grad
• Wednesdays, 3:15 – 4:45 pm (4 weeks, starting in late July)
This skills and support group will provide a space for students to learn skills for building self-compassion and kindness, as well as opportunities to offer support to one another. Topics will include: fostering an attitude of kindness towards self & others, building self- esteem through self-acceptance, and using mindfulness to facilitate resilience & self- confidence.

Graduate Women’s Support – GRAD STUDENTS ONLY
• Mondays, 5:00 – 6:30 pm  (Contact: Linda Zaruba, PhD at 510-643-5447)
This support group is offered for female graduate students who wish to come together to share the challenges and struggles of being a grad student, discuss ways to balance school & personal life, discuss relationships with advisors and peers, increase self-confidence, and develop relationships with other women in grad school.

Graduate Men’s Support – GRAD STUDENTS ONLY
• Thursdays or Fridays, 2:00 – 3:30  (Contact: John Sauvé, PsyD at 510-642-6667)
This support group is offered for male grad students who wish to come together to discuss the challenges of being a grad student, ways to deal with the hurdles & hassles of school, find ways to connect with others, discuss relationship issues, and consider ways to manage stress & live a balanced life as a Berkeley.