Counseling Services is offering several exciting groups this fall. Groups typically consist of 4-10 students meeting weekly. Registered students are eligible for group participation. There is no cost. Student fees provide the funding. For more information about group counseling services including individual counseling, visit https://shcs.ucdavis.edu/services/groups.

Students are asked to make a commitment to attend groups each week for the duration of the quarter.

If you are interested in a group, please call SHCS appointment desk at (530) 752-2349 or come to 219 North Hall for an initial appointment. To participate in a group, a student must meet with a Counseling Services staff and be assigned to the group except for the drop-in groups or workshops. Counseling Services groups are listed below. All groups meet in North Hall at Counseling Services unless listed as meeting somewhere else.

To receive an initial consultation or get more information call Student Health and Counseling Services at (530) 752-2349 or come to 219 North Hall.

Mondays:

“The Journey” Therapy Group
3:10-4:30 am   |   Counseling Services in North Hall
Facilitators: Chris Le & Carolina Borghes Knight

This adventurous general therapy group is designed to foster greater self-awareness and more satisfying relationships by becoming more aware of your thoughts and feelings, exploring how your background and upbringing affect your relationships, developing interpersonal skills, practicing giving and receiving support, and cultivating more compassion for yourself and others. If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.
Tuesdays:

**Undergraduates Career Exploration Group**
3:00 – 4:45 pm | Counseling Services in North Hall
Facilitator: Shao Li

Career decision-making is an ongoing process made more effective within an interactive, supportive group approach. Group members are undergraduates who will identify how their values, interests, preferences and satisfying skills relate to occupations of interest and expanded career options. A focus on personal strengths and common experiences of uncertainty helps enable group members to better understand internal conflicts and external obstacles. Please note total cost of assessments is $45 and expected time commitment for activities outside of the 6 session group times is approximately 1-2 hours per week. If you are interested in participating in this group, please contact the Career Counseling Program at careercounseling@shcs.ucdavis.edu and you will be emailed information about the orientation to the group.

Wednesdays:

**Lavender Connection: LGBTQ Student Support Group**
10:00 - 11:20 am | Counseling Services in North Hall
Facilitators: Jennifer Gildner & Michael Carrizales

This group is a support group for undergraduate and graduate students who are looking for a safe and confidential space to discuss issues related to being LGBTQ. The group will provide a supportive and affirming environment where students can share common experiences and increase their sense of understanding regarding their own gender identity, sexual identity, relationships with others, and sense of empowerment. Areas of focus may include the influence of cultural background and ethnic identity, fostering self-acceptance, stress management, coping skills, coming out to yourself & others, dating, spirituality, campus climate, and family relationships. All identities within the LGBTQ spectrum including those questioning are welcome! If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

**Building Social Confidence**
1:10 – 2:40 pm | Counseling Services in North Hall
Facilitators: Nan Senzaki & Oscar Escobar
Group members learn how to increase confidence in social situations by building social skills, the foundation for successful interpersonal relationships. Members develop effective communication skills, assertion skills, and social support---"community." Members also address their own individual goals, such as developing/maintaining friendships, dating, and confidence with academic assertion and public speaking. If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

**Women's Group**
3:10 - 4:30 pm  
Counseling Services in North Hall  
Facilitators: Bai-Yin Chen & Bethany Wellman

This group is for graduate and undergraduate women who would like to share and explore issues that have a daily effect on their lives. Participants will also receive and provide support to realize an empowered living. Topics for discussion include: self-esteem, responsibility for others and need for self-care, identity, family, relationship and intimacy, communication, academic pressure, and life transitions. If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

**Nourish: The Body & The Self**
3:10 – 4:30 pm  
Counseling Services in North Hall  
Facilitators: Katie Cougevan & Dolores Christensen

Concerned about your relationship with food or your perception of yourself? You are not alone. Explore your concerns and struggles while offering insight and support to others in a process-oriented therapy group. If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

**Thursdays:**

**Graduate Career Exploration Group**
10:00 - 11:45 am  
Counseling Services in North Hall  
Facilitator: Kathleen Someah

This group is for graduate students who want to explore their career-related preferences, identify the comparative fit of career options of interest or expand their consideration of possible careers. Group members will integrate data from their personal strengths,
work and family perspectives, and career assessments with occupational information. Group members are asked to increase their exposure to occupational information and opportunities over the course of the term. Total cost for assessment package (includes Strong Interest Inventory, MBTI, Skillscan and Values card sorts) to grad students is $20 as GradPathways (Graduate Studies) is subsidizing $25 of the total $45 fee. Please note that expected time commitment for activities outside of the 6 session group times is approximately 1-2 hours per week. If you are interested in participating in this group, please contact the Career Counseling Program at career counseling@shcs.ucdavis.edu and you will be emailed information about the orientation to the group.

**In Lak’ech (A Chicana/Latina Women’s Therapy Group)**

12:10 - 1:30 pm | Office of Chicana/o and Latina/o Academic Student Success Facilitator: Adriana Torres

Colonization refers to the process of a dominant culture settling among and establishing control over another culture, which can lead to social and systemic oppression of the colonized group. The goal of In Lak’ech is to decolonize the therapeutic encounter. By identifying and creating culturally appropriate methods and practices of healing, we free ourselves from Euro-Centric assumptions and prescriptions for our lives. Abandoning Western ideas of therapy groups, and apoyando our gente the way we know how, con dichos, cuentos, chistes, chisme y comida. In Lak’ech participants will be encouraged to explore topics such as Culture & Mental Health, Spirituality, Building Healthy Relationships, Homesickness, etc.

If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

**Mindfulness & Compassion Meditation**

1:10 – 2:00 pm | Student Health and Wellness Center Facilitator: Elizabeth Schiveley

Mindfulness meditation is about learning to experience life fully as it unfolds—moment by moment. Compassion is the acknowledgement of our suffering along with taking action to be free from it. Quieting the inner critic and acceptance are just some of the benefits of this practice. Through the practice of mindfulness and compassion, participants can develop greater calmness, clarity, focus and happiness. If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.
Living with Chronic Medical Conditions and Disabilities Group
1:30 – 2:50 pm | Student Health and Wellness Center
Facilitators: Hillary Alejo & Chad Doerr

This group will be a safe and confidential place for undergrads and graduate students who have chronic illnesses, visible, or invisible disabilities to come together weekly to get and give support. The focus of group sessions is on whatever students bring up each week. Common themes discussed include self-care, celebration of accomplishments, coping skills, fostering self-acceptance, empowerment, pain management, feelings about social and academic barriers, boundaries, stress management, dating, family relationships, academic concerns, what it is like to interface with temporarily able bodied people, as well as managing multiple identities i.e. cultural background, gender, and ethnic identities. Most of all it will be a place where you can be fully who you are and discuss concerns and issues important to you with other people who have chronic illnesses, visible, or invisible disabilities. If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

Healing Through Connections: Graduate Student Therapy Group
3:10 – 4:30 pm | Counseling Services in North Hall
Facilitators: Tegan Adams & Gabe Zamudio

This is a process-oriented group open to all graduate students. The goal of this group is to provide a safe and confidential space for graduate students to receive support and to gain perspective and insight into themselves and their relationships. Themes are broad and vary – they have included balancing academic and family life, self-care, family and intimate partner relationship concerns, advisor-advisee relationship concerns, procrastination, perfectionism, depression, anxiety, cultural adjustment, and issues of oppression (e.g., sexism, racism, heterosexism, ageism). If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

Fridays:

H*E*A*L: Hope for Change, End Emotional Eating, Acceptance, Live in the Moment
10:00 – 11:20 am | Counseling Services in North Hall
Facilitators: Dolores Christensen & Kathleen Someah
End emotional eating through challenge, mindfulness and acceptance. This is a free 7-week workshop that teaches you skills to change your patterns with food and emotions. Each session will include group exercises, skills, discussion and homework. You will learn the following five skills in our series:

**Mindfulness:** Find what it means to be present-focused and live in the moment.

**Distress Tolerance:** Tolerate stress, difficult emotions and feelings of overwhelm without turning to food.

**Acceptance:** Approach experiences of your body and food with acceptance.

**Emotional Regulation:** Find more effective ways to deal with emotions in the moment.

**Communication Skills:** Assert yourself in your relationships, feel more connected to yourself and others.

If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

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**Support Group and Workshops with RSVP Requirement**

**Adelante Mujeres Support Group**

5:00 - 6:30 pm, Mondays

Location: Center for Chicanx/Latinx Student Academic Success

Fall 2017 session dates: 10/16, 10/23, 10/30, 11/6, 11/13, and 11/20/2017

Participants must RSVP and meet with facilitator prior to start date.

Facilitator: Roxana Reyes

Six-week sessions.

This group is designed to provide a safe and supportive environment to explore personal experiences on campus, gain emotional support, promote self-care, and enhance community building among Chicana/Latina students. This six-week session is free and students must agree to attend all six sessions to help ensure a rich group experience for themselves and other participants. Participants must schedule a consultation with the facilitator prior to the start date. Weekly topics will be decided by the group, but may include:

- Session 1 - Introductions and Mixer: An informal space to dialogue and get to know each other.
- Session 2 - Authentic Sisterhood: How to create sustainable, healthy relationships in our social and professional lives
- Session 3 – Alternative Mental Health: A Chicana perspective on managing mood and self care
- Session 4 - The Four Agreements: A Toltec secret to happiness and finding peace through balance
- Session 5 - The Maria Paradox: Navigating tradition in contemporary society
- Session 6 - Open Discussion and Close

For more information contact Roxana Reyes, MFT reyes@shcs.ucdavis.edu

Veterinary Medicine Student Support Group
5:30 – 6:50 pm, Tuesdays
Facilitator: Zachary Ward

This is a supportive space to connect around the various issues impacting vet med student.

For more information or to register to participate in this group contact Dr. Zachary Ward directly at zward@shcs.ucdavis.edu. After the second meeting of this semester-long series, the group will be closed.

The Heart of Medicine- Medical Student Support Group
5:30 – 6:30 pm, Bi-weekly, Wednesdays
Location: UC Davis Medical Center, Sacramento
Facilitator: Stephen Simonson

This is a support space to connect around the complexities of being a medical student.

For more information or to register to participate in this group contact Dr. Stephen Simonson directly at ssimonson@shcs.ucdavis.edu to set up an informational discussion prior to the first meeting. After the second meeting of this 7-week series the group will be closed.

Dissertation/Thesis Support Group
10:30 am – noon, Bi-weekly, Thursdays | Location: Mrak Hall
Session dates: 10/5, 10/19, 11/2, 11/16, & 11/30/2017.
Participants must RSVP prior to participating in the group.
Facilitator: Bai-Yin Chen

This group is a support space for graduate students who have completed their research and are in the writing stage of their dissertation or thesis. The group will focus on goal setting, time management, motivation enhancement, problem-solving, stress management, and building other skills relevant to completing the dissertation or thesis.
For more information or to register to participate, contact Dr. Bai-Yin Chen, Coordinator of Counseling Services for Graduate Students, at bchen@shcs.ucdavis.edu.

**You Got This Series**

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<th>Days</th>
<th>Time</th>
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<tr>
<td>Mondays</td>
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*You Got This* is a 3-part skill building series that combines evidence-based practices for the management of a variety of concerns. Each series will be aimed at improving skills in the major categories of Recognition, Insight, and Openness, which are the titles for each of the modules.

Each week, a different module will be explored along with corresponding experiential and thinking techniques. Participants will practice these techniques in a low pressure, supportive environment as well as in between classes and, if helpful, after completion the series. At the core of the workshop is the concept that psychological suffering is in large part due to that language and cognition we use to describe our worlds, which consequently leads to our perception of control or direct experience. **The main goals of You Got This are to give you tools to recognize your concerns and develop a clearer idea of what you want to change in your life.**

The modules are not sequential; therefore, you can join the group at any time! Participants that attend each of the three separate workshops will gain the most benefits.

You can sign up for these workshops at tinyurl.com/YGTUCD.

**Drop-In Support Groups**

**TLACELEL: A Chicano Latino Men Support Group**

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<th>Time</th>
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<tr>
<td>12:00 – 1:00 pm</td>
<td>Wednesdays</td>
<td>Center for Chicanx and Latinx Academic Student Success</td>
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Starting date: October 4th, 2017
Facilitators: Emilio Licea III & Oscar Escobar

This is a discussion oriented drop-in group open to all male-identified Latino/Hispanic/Chicano students. The goal of this group is to provide a safe space for male students to receive non-clinical support from professionally trained therapists in order to gain perspective and insight into themselves. Themes that will be addressed are broad; however, they will likely include balancing academic and family life,
fostering greater self-awareness, self-care, family and intimate partner relationship concerns, understanding male identity, exploring machismo and familismo, procrastination, perfectionism, depression, anxiety, cultural adjustment, and issues of oppression (e.g., sexism, racism, heterosexism, ageism).

**Strengthen Your Mind**
1:00 - 1:30 pm, Wednesdays  
Facilitator: Margaret Lee  
Location: Wellness Room (Room 2255) on the 2nd Floor, King Hall

This group is open to all King Hall students. Meditation has many benefits to law students, including improving focus and concentration, cultivating a calm and still mind, enhancing clarity and self-awareness, and promoting health and wellness in general. The half hour sessions will be ongoing, on a drop by basis, and include a mix of guided and silent sitting meditations as well as learning mindfulness skills. No prior meditation experience is necessary.

**Aggies Rise (Recovery, Inspire, Support & Empower) 12-Step Meeting**
8:00 – 9:00 pm, Thursdays  
[https://shcs.ucdavis.edu/recovery_resources](https://shcs.ucdavis.edu/recovery_resources)  
Location: Riparian Reserve Fire Pit

**Aggies Rise (Recovery, Inspire, Support & Empower) Group**
5:00 – 6:00 pm, Fridays  
[https://shcs.ucdavis.edu/recovery_resources](https://shcs.ucdavis.edu/recovery_resources)  
Location: Main 1, 3rd Floor, Student Health and Wellness Center

This is a peer-led support group. Aggie Rise's mission is to promote recovery in institutions of higher education. The group aims to enhance the student experience by facilitating exciting and engaging activities for recovery-minded individuals. We also aim to educate students about the benefits of a recovery-based lifestyle. The objectives include Education, Recovery, Abstinence, and Open-Door Policy. We do movie nights, dinners, dancing, trips, and so much more! For more information please contact Jessica at 858-926-6654.

**Sister to Sister**
12:00 – 1:30 pm, Fridays  
Location: CADSS  
Facilitators: Michelle Burt & Kawami Evans

This group is designed to provide a safe and supportive environment to explore personal experiences on campus, gain emotional support, promote self-care, and
enhance community among students of the African Diaspora. Though these sessions are free, the group will become closed after the first two meetings. This ensures a rich group experience for all participants. Participants must commit to attending all 6 closed sessions after the initial welcome meetings.

Weekly topics will be decided by the group, but may include:

Introductions and mixer, authentic sisterhood, mental health and wellness, stereotypes of black women. We would love to have you join us. Snacks will be provided. For more information contact Michelle Burt at mburt@shcs.ucdavis.edu.

**Yoga Classes (TBD)**
4:00 – 5:00 pm, Wednesdays | 5 Lower Freeborn
4:00 – 5:00 pm, Fridays | 5 Lower Freeborn

This yoga session is for students with stress, anxiety, or depression.