Counseling Services is offering several exciting groups this spring. 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) 752-0871 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) 752-0871 or come to 219 North Hall.

**Mondays:**

**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: Sahiba Chandhok & Shane Saenz

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) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

Nourish: The Body & The Self
10:30 – 11:50 am | Counseling Services in North Hall
Facilitators: Katie Cougevan & Karen Miller

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) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

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

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) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

Tuesdays:

Undergraduates Career Exploration Group
3:00 – 4:30 pm | Counseling Services in North Hall
Facilitator: Estefania Lezama

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: Tegan Adams & Estefania Lezama

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) 752-0871 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  
Facilitator: Nan Senzaki

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) 752-0871 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 & Mónica Hurtado-León
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) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

**Thursdays:**

**Graduate Career Exploration Group**
10:00 - 11:30 am  |  Counseling Services in North Hall
Facilitator: Karen Miller

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 careercounseling@shcs.ucdavis.edu and you will be emailed information about the orientation to the group.

**Mindfulness & Compassion Meditation Group**
1:15 – 2:30 pm   |   Student Health and Wellness Center
Facilitator: Elizabeth Schiveley

Mindfulness is about learning to experience life fully as it unfolds—noticing what is there. Compassion allows us to acknowledge emotional pain of ourselves and others. Through this practice, participants develop a greater sense of calm, connection, insight, and focus while letting go of the harsh inner critic that can keep us from fully living. If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 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 & Fathima Ali
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) 752-0871 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 & Spurty Surapaneni

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) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

Fridays:

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) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

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
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

Write to Thrive
3:00 - 4:15PM, Every other Tuesdays
Session dates: 4/9, 4/23, 5/7, 5/14, & 5/28
Facilitator: Maia Huang

Write to Thrive is a healing support space for survivors of sexual trauma. Participants use the medium of writing to express their feelings, share personal stories, and provide compassionate witnessing for each other. The group meets every two weeks beginning in the first few weeks of each quarter. All genders are welcome to attend.

If interested, please contact Maia Huang at mhuang@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.

Drop-In Support Groups

Strengthen Your Mind
1:10 - 1:40 pm, Mondays,
Facilitator: Margaret Lee
Location: Wellness Room (Room 2255) on the 2nd Floor, King Hall

This group is open to all School of Law 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.

Dissertation/Thesis Support Workshop
11:00 am – 12:30 pm, Thursday
Location: MU
Session date: 5/9
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 bychen@ucdavis.edu.

**TLACELEL: A Chicano Latino Men Support Group**
12:00 pm - 1:00 pm, Thursdays | Center for Chicanx and Latinx Academic Student Success
Starting date: TBD
Facilitator: Gabriel Zamudio

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).

**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.
Aggies Rise (Recovery, Inspire, Support & Empower) Group
5:00 – 6:00 pm, Fridays
https://shcs.ucdavis.edu/recovery_resources
Location: Student Community Center, Meeting Room A

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.

You Got This Series

Mondays, 2:10 – 3:00 pm (ISR), Facilitator: Romana Norton
Tuesdays, 2:10 - 3:00 pm (RIO), Facilitator: Gabriel Zamudio
Wednesdays, 1:10 - 2:30 pm (Coping with Anxiety), Facilitator: Spurty Surapaneni
Thursdays, 4:10 - 5:00 pm (RIO), Facilitator: Shao Li
Fridays, 11:00 – 11:50 am (Values), Facilitator: Renee Lopez

Location for all YGT workshops: North Hall 132
To sign up for the YGT workshop: tinyurl.com/YGTUCD.

You Got This (YGT) consists of psycho-educational workshops designed to help build personal awareness, develop coping skills and promote self-care. There are 2 workshop series available: RIO (Recognition, Insight, Openness) and Coping with Anxiety. There are also 2 stand-alone workshops available: Values and Imposter Syndrome Recovery (ISR).

RIO is a three-part workshop series that combines evidence-based practices for more skillful management of a variety of concerns. Participants will practice mindfulness techniques in a low pressure, supportive environment. Each module of the RIO series is aimed at improving skills in the major categories of Recognition, Insight, and Openness, which are the titles that correspond to each module. The modules are not sequential, and recur regularly so that the students can start the series at any point. However, participants that attend each of the three separate workshops and in the order of RIO, will gain the most benefits.

Coping with Anxiety is a three-part workshop series that utilizes evidence-based practices for coping with anxiety and is sequential, with each workshop building on
the former. The first session focuses on the relationship between anxiety and thinking styles, in which participants understand how their thoughts, emotions, and behavior are linked. Participants will learn their unhelpful thinking styles and how to engage in untwisting them. The second session will focus on mindfulness as a tool to reduce anxiety. Participants will learn what mindfulness is and is not, engage in practicing mindfulness, and discuss ways to incorporate mindfulness in their daily lives. In the final session, participants will learn relaxation techniques that bring calmness and grounding to them. Participants will practice relaxation techniques and ways to use them on their own time. Participants will also learn how to improve sleep, impact of food on anxiety, and other resources available at CS for anxiety management. During each workshop, a PowerPoint presentation is provided and skill building handouts are given to students.

The interactive Values workshop is designed to encourage students to step out of their comfort zones and explore invisible barriers to self-care. Students will have the opportunity to reflect on personal values and discover inner strengths and resiliency by defining values that are most important to them.

“The Impostor Syndrome” is a common problem among high achievers, particularly high achievers who are members of groups who’ve been historically victim to negative stereotypes about their intelligence and capabilities (e.g., women). The Impostor Syndrome Recovery (ISR) workshop is designed to help students gain a personalized understanding of how these academic insecurities are developed and maintained. Students will learn strategies for combating these insecurities so that they can fully realize their academic and career aspirations.

The main goals of YGT are to give you tools to recognize your concerns and develop a clearer idea of what you want to change in your life. Once you have developed your roadmap to change, you will have a better idea of where you need to go. As you begin your journey, please remember that change is not linear. Be prepared for setbacks. Setbacks can be due to any number of factors, including difficult situational events, changes in motivation, sliding back into old habits, and fear of the unknown. Many people find that they take one step back for every two steps forward. That’s okay. You could see this as an obstacle, or you could embrace this as a natural rhythm of the change process.

Please note that UCD students can chose any of the workshops listed. For the RIO series, it is ideal to have one week between the RIO modules in order to practice newly acquired skills.
For the Coping with Anxiety series, when you sign up, you are committing to coming to all three sequential workshop sessions. If you’re interested and the series has already started, you can sign up for the next round of the series, using the YGT link.

A certificate of completion will be given to students that complete a workshop series (RIO or Coping with Anxiety) by attending all 3 separate workshops in the series.

Students are welcome to repeat any of the YGT workshops. Space is limited, so reserve your spot now. We look forward to meeting you at YGT!