# Fall 2019

## Mondays
- **Phoenix Rising: A Support Group for Survivors of Sexual Trauma**
  - Time: 2:10 – 3:30 pm
- **“The Journey” Therapy Group**
  - Time: 3:10 – 4:30 pm

## Tuesdays
- **Undergraduate Career Exploration Group (UCEG)**
  - Time: 3:00 – 4:30 pm

## Wednesdays
- **Lavender Connection: LGBTQ Student Support Group**
  - Time: 10:00 – 11:20 am
- **Building Social Confidence Group**
  - Time: 1:10 – 2:30 pm
- **Nourish: The Body & The Self**
  - Time: 3:10 – 4:30 pm
- **Women’s Group**
  - Time: 3:10 – 4:30 pm

## Thursdays
- **Graduate Career Exploration Group (GCEG)**
  - Time: 10:00 – 11:30 am
- **Relationships for Depression and Anxiety**
  - Time: 11:00 am – 12:20 pm
- **Mindfulness & Compassion Meditation Group**
  - Time: 3:15 – 4:30 pm
- **Living with Chronic Medical Conditions & Disabilities Group**
  - Time: 1:30 – 2:50 pm
- **Healing Through Connections: Graduate Student Therapy Group**
  - Time: 3:10 – 4:30 pm

## Fridays
- **H*E*A*L: Hope for Change, End Emotional Eating, Acceptance, Live in the Moment**
  - Time: 10:00 – 11:20 pm
- **In Lak’ech (A Chicana/Latina Women’s Therapy Group)**
  - Time: 12:10 – 1:30 pm

**Support Group with RSVP Requirement**
- **Adelante Mujeres Support Group (Mondays, CCLASS)**
  - Time: 4:00 – 5:30 pm
- **Write to Thrive (every other Tuesdays)**
  - Time: 3:15 – 4:30 pm
- **Veterinary Medicine Student Support Group (Tuesdays)**
  - Time: 5:30 – 6:50 pm

**Drop-In Support Groups & Classes**
- **Life Ring (Mondays)**
  - Time: 7:00 – 8:00 pm
- **Aggie Rise Group (Fridays, SCC, Meeting Room A, Starting date-TBD)**
  - Time: 5:00 – 6:00 pm
- **You Got This Workshop Series (sign up via HeM)**
  - Time: Multiple Sessions

[https://shcs.ucdavis.edu/hem](https://shcs.ucdavis.edu/hem)