## Fall 2020

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

### Tuesdays
- **Women’s Group**  
  Time: 2:10 – 3:30 pm
- **Undergraduate Career Exploration Group (UCEG)**  
  Time: 3:00 – 4:30 pm
- **Grief Group**  
  Time: 3:30 - 4:50 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
- **Mindfulness & Compassion Meditation Group**  
  Time: 3:15 – 4:30 pm

### Thursdays
- **Graduate Career Exploration Group (GCEG)**  
  Time: 10:00 – 11:30 am
- **Living with Chronic Medical Conditions & Disabilities Group**  
  Time: 1:30 – 2:50 pm

### Fridays
- **In Lak’ech (A Chicana/Latina Women’s Therapy Group)**  
  Time: 12:10 – 1:30 pm

### Support Group with RSVP Requirement
- **Lighthouse Support Space (Mondays)**  
  Time: 3:00 – 4:15 pm
- **Veterinary Medicine Student Support Group (Tuesdays)**  
  Time: 5:30 – 6:50 pm
- **Adelante Mujeres Support Group (Wednesdays, CCLASS)**  
  Time: 1:00 – 2:30 pm
- **Talking Circle - Coping Strategies for Native American Students**  
  Time: 3:00 – 4:00 pm
- **Heart of Medicine: A Medical Student Support Group (Wednesdays)**  
  Time: 5:30 - 6:30 pm
- **Mindfulness for Law Students Workshop (Fridays)**  
  Time: 1:00 – 2:00 pm
- **Dissertation/Thesis Support Group**  
  Time: TBD

### Drop-In Support Groups & Classes
- **Aggies for Recovery Group (Thursdays)**  
  Time: 6:30 – 7:30 pm
- **You Got This Workshop Series (sign up via HeM)**  
  Time: Multiple Sessions
  
  [https://shcs.ucdavis.edu/hem](https://shcs.ucdavis.edu/hem)