

Group Counseling

shcs.ucdavis.edu/groups

UCDAVIS
STUDENT HEALTH AND
COUNSELING SERVICES



Winter 2017

Mondays

<i>Phoenix Rising: A Support Group for Survivors of Sexual Trauma</i>	2:10 – 3:30 pm
<i>“The Journey” Therapy Group</i>	3:10 – 4:30 pm

Tuesdays

<i>Undergraduate Career Exploration Group (UCEG)</i>	3:00 – 4:45 pm
--	----------------

Wednesdays

<i>Lavender Connection: LGBTQ Student Support Group</i>	10:00 – 11:20 am
<i>TLACELEL: A Chicano Latino Men Support Group</i>	12:00 – 1:20 pm
<i>Mindfulness Meditation 101 for Stress</i>	12:10 – 1:00 pm
<i>Building Social Confidence Group</i>	1:10 – 2:40 pm
<i>Women’s Group</i>	3:10 – 4:30 pm
<i>Nourish: The Body & The Self</i>	3:10 – 4:30 pm

Thursdays

<i>Graduate Career Exploration Group (GCEG)</i>	10:00 – 11:45 am
<i>Living with Chronic Medical Conditions & Disabilities Group</i>	1:30 – 2:50 pm
<i>Healing Through Connections: Graduate Student Therapy Group</i>	3:10 – 4:30 pm

Fridays

<i>H*E*A*L: Hope for Change, End Emotional Eating, Acceptance, Live in the Moment</i>	10:00 – 11:20 am
<i>Mandala-mented Group</i>	3:30-4:45 pm

Support Group with RSVP Requirement

<i>Adelante Mujeres Support Group (Dates: TBD, EOP Office)</i>	5:00 – 6:30 pm
<i>Dissertation/Thesis Support Group (Bi-weekly, Thursdays, Starting on January 12th)</i>	10:30 am - noon

Drop-In Support Groups & Classes

<i>Aggie Rise Group (Fridays, Starting date-TBD, Main 1, 3rd Floor, SHWC)</i>	5:00 – 6:00 pm
<i>Yoga Classes:</i>	
• <i>Wednesdays - Main 1, Student Health & Wellness Center</i>	4:00 – 5:00 pm
• <i>Fridays - Room 325, North Hall</i>	
<i>Sister to Sister Group (Fridays, AAS Conference Room, 2215 Hart Hall)</i>	12:00 – 2:00 pm (TBD)