

Group Counseling

shcs.ucdavis.edu/groups

UCDAVIS
STUDENT HEALTH AND
COUNSELING SERVICES



Fall 2021

Mondays

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| Phoenix Rising: A Support Group for Undergrad Survivors of Sexual Trauma | 2:10 – 3:30 pm |
| Gaming Support Group | 2:15 – 3:30 pm |
| HEAL | 3:10 – 4:30 pm |
| “The Journey” Therapy Group | 3:10 – 4:30 pm |

Tuesdays

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| Building Social Confidence Group | 1:10 – 2:30 pm |
| Grief Support Group | 2:10 – 3:30 pm |
| Women’s Group | 2:10 - 3:30 pm |
| Undergraduate Career Exploration Group (UCEG) | 3:10 – 4:30 pm |
| Healing Through Connections: Graduate Student Therapy Group | 3:10 – 4:30 pm |

Wednesdays

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| Lavender Connection: LGBTQ Student Support Group | 10:00 – 11:20 am |
| Nourish: The Body & The Self | 3:10 – 4:30 pm |
| Phoenix Rising: A Support Group for Grad Student Survivors of Sexual Trauma | 3:10 – 4:30 pm |

Thursdays

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| Graduate Career Exploration Group (GCEG) | 10:00 – 11:30 am |
| Living with Chronic Medical Conditions & Disabilities Group | 1:30 – 2:50 pm |
| Engineering Small Group Process | 2:00 – 3:20 pm |
| Mindfulness & Compassion Meditation Group | 3:15 – 4:30 pm |

Support Group with RSVP Requirement

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| Zen Tuesdays | 8:30 – 9:00 am |
| Adelante Mujeres Support Group (Tuesdays) | 3:10 – 4:30 pm |
| Heart of Medicine: A Medical Student Support Group (every other Wednesday) | 5:30 – 6:30 pm |
| Wellness Wednesday Talking Circle - Coping Strategies for Native American Students | 3:00 – 4:00 pm |
| BIPOC Support Circle (Wednesdays) | 4:00 – 5:00 pm |
| Write to Thrive | TBD |
| Inside Out: Support Space for Students with STI’s | TBD |
| Free Space: For LGBTQIA+ Students | TBD |

Drop-In Support Groups & Classes

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| Aggie 4 Recovery (Tuesdays) | 6:30 – 7:30 pm |
| You Got This Workshop Series (sign up via HeM https://shcs.ucdavis.edu/hem) | Multiple Sessions |