## Fall 2021

### Mondays
- **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
- **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
- **Adelante Mujeres Support Group**  
  3:10 – 4:30 pm
- **Healing Through Connections: Graduate Student Therapy Group**  
  3:10 – 4:30 pm

### Wednesdays
- **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
- **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
- **Zen Tuesdays**  
  8:30 – 9:00 am
- **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
- **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
- **Aggie 4 Recovery (Tuesdays)**  
  6:30 – 7:30 pm
- **You Got This Workshop Series (sign up via HeM [https://shcs.ucdavis.edu/hem](https://shcs.ucdavis.edu/hem))**  
  Multiple Sessions