

# Group Counseling

shcs.ucdavis.edu/groups

**UC DAVIS**  
STUDENT HEALTH AND  
COUNSELING SERVICES



Fall 2021

## Mondays

Phoenix Rising: A Support Group for Undergrad Survivors of Sexual Trauma	2:10 – 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 ppm
Grief Support Group	2:10 – 3:30 pm
Women’s Group	2:10 - 3:30 pm
Undergraduate Career Exploration Group (UCEG)	3:00 – 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
Gaming Support Group	1:15 – 2:30 pm
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 <a href="https://shcs.ucdavis.edu/hem">https://shcs.ucdavis.edu/hem</a> )	Multiple Sessions