

Group Counseling

shcs.ucdavis.edu/groups



Fall 2021

Mondays

Phoenix Rising: A Support Group for Undergrad Survivors of Sexual Trauma	2:10 – 3:30 pm
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HEAL

“The Journey” Therapy Group	3:10 – 4:30 pm
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Tuesdays

Building Social Confidence Group	1:10 – 2:30 ppm
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Grief Support Group	2:10 – 3:30 pm
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Women’s Group	2:10 - 3:30 pm
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Undergraduate Career Exploration Group (UCEG)	3:00 – 4:30 pm
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Adelante Mujeres Support Group	3:10 – 4:30 pm
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Healing Through Connections: Graduate Student Therapy Group	3:10 – 4:30 pm
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Wednesdays

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

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

Zen Tuesdays	8:30 – 9:00 am
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Heart of Medicine: A Medical Student Support Group (every other Wednesday)	5:30 – 6:30 pm
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Wellness Wednesday Talking Circle - Coping Strategies for Native American Students	3:00 – 4:00 pm
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Write to Thrive	TBD
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Inside Out: Support Space for Students with STI's	TBD
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Free Space: For LGBTQIA+ Students	TBD
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Drop-In Support Groups & Classes	
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Aggie 4 Recovery (Tuesdays)	6:30 – 7:30 pm
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You Got This Workshop Series (sign up via HeM https://shcs.ucdavis.edu/hem)	Multiple Sessions
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