# 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 pm
- **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 [https://shcs.ucdavis.edu/hem](https://shcs.ucdavis.edu/hem))**
  - Multiple Sessions