

Group Counseling

shcs.ucdavis.edu/groups

UCDAVIS
STUDENT HEALTH AND
COUNSELING SERVICES



Fall 2022

Mondays

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

Tuesdays

L&S Connections Group	1:30 – 2:50 pm
Grief Support Group	2:10 – 3:30 pm
Undergraduate Career Exploration Group (UCEG)	3:10 – 4:30 pm

Wednesdays

Building Social Confidence	10:00 – 11:30 am
Adelante Mujeres Support Group	1:10 -2:30 pm
Healing Through Connections - Grad Student Group	1:10 – 2:30 pm
Men’s Group	1:10 – 2:30 pm
Nourish: The Body & The Self	TBD
Lavender Connection: LGBTQIA+ Undergrad Support Group	2:10 – 3:30 pm
Liberation: Support Group for Survivors of Intimate Partner Violence	3:10 – 4:30 pm

Thursdays

Lavender Connection: LGBTQIA+ Grad Student Support Group	10:00 – 11:20 am
Living with Chronic Medical Conditions & Disabilities Group	1:10 – 2:30 pm
Engineering Small Group Process	2:00 – 3:20 pm
Adelante Mujeres – A Support Space completamente en Español!	2:10-3:30 pm

Fridays

“Hey It’s Me, Anxiety”	12:00 - 1:30 pm
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Support Group with RSVP Requirement

BIPOC Support Circle (Mondays)	4:00 – 5:00 pm
Non-Binary Support Group (Mondays)	10:00 – 11:00 am
Mindfulness for Law Students Workshop (Wednesdays)	3:30 - 4:30 pm
Wellness Wednesday Talking Circle - Coping Strategies for Native American Students	3:00 – 4:00 pm
Write to Thrive	Contact Maia Huang

Drop-In Support Groups

Aggie 4 Recovery (Thursdays & Sundays)	7:00 – 8:00 pm
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