

Group Counseling

shcs.ucdavis.edu/groups

UCDAVIS
STUDENT HEALTH AND
COUNSELING SERVICES



Spring 2022

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

Grief Support Group	2:10 – 3:30 pm
Women’s Group	2:10 - 3:30 pm
Healing Through Connections: Graduate Student Therapy Group	3:10 - 4:30 pm
Injured Athlete Support Group	3:10 – 4:30 pm
Undergraduate Career Exploration Group (UCEG)	3:10 – 4:30 pm

Wednesdays

Lavender Connection: LGBTQ Student Support Group	10:00 – 11:20 am
Building Social Confidence Group	10:00 – 11:30 am
Liberation: Support Group for Survivors of Intimate Partner Violence	3:00 – 4:00 pm
Nourish: The Body & The Self	TBD

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

Fridays

Men’s Group	10:00 – 11:20 am
-------------	------------------

Support Group with RSVP Requirement

Free Space: For LGBTQIA+ Students	Contact Maia Huang
Adelante Mujeres Support Group (Wednesdays)	2:10 – 3:30 pm
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
BIPOC Support Circle (Mondays)	4:00 – 5:00 pm
Write to Thrive	Contact Maia Huang

Drop-In Support Groups

Aggie 4 Recovery (Tuesdays)	7:00 – 8:00 pm
-----------------------------	----------------