

# Group Counseling

[shcs.ucdavis.edu/groups](http://shcs.ucdavis.edu/groups)

**UC DAVIS**  
STUDENT HEALTH AND  
COUNSELING SERVICES



## Winter 2023

### Mondays

Phoenix Rising: A Support Group for Undergrad Student Survivors of Sexual Trauma	2:10 – 3:30 pm
Family Differences Group	3:15 – 4:30 pm

### Tuesdays

L&S Connections Group	1:30 - 2:50 pm
Grief Support Group	2:10 - 3:30 pm
General Mental Health Group	3:10 – 4:30 pm
Undergraduate Career Exploration Group (UCEG)	3:10 – 4:30 pm
Women's Wellness Group	3:10 – 4:30 pm

### Wednesdays

Nourish: The Body & The Self Building Social Confidence Group	9:00 – 10 am
Building Social Confidence Group	10:00 – 11:30 am
HEAL	12:15 – 1:30 pm
Adelante Mujeres Support Group	1:00 – 2:30 pm
Healing Through Connections – Graduate Student Group	1:10 – 2:30 pm
Hey it's Me, Anxiety	1:10 – 2:30 pm
Men's Group	1:10 – 2:30 pm
Lavender Connection: LGBTQIA+ Undergraduate Student 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+ Graduate and Professional Student Support Group	10:40 am – 12:00 pm
Living with Chronic Medical Conditions & Disabilities Group	1:10 – 2:30 pm
Engineering Small Group Process	2:00 – 3:20 pm
Thank You, Next – Rebuilding After Breakup	3:10 – 4:30 pm

### Fridays

"The Journey" Therapy Group	10:00 – 12:00 pm
Hey it's Me, Anxiety	12:00 – 1:00 pm

<b>Support Groups with RSVP Requirement</b>	
Aggie Mental Health Support Group for Athletes (Tuesdays)	4:00 - 5:00 pm
BIPOC Support Circle (Wednesdays)	4:00 – 5:00 pm
First Year Student-Athlete Group (Tuesdays)	3:00 – 4:00 pm
Non Binary Support Group (Tuesdays)	1:00 – 2:20 pm
Wellness Wednesday Talking Circle – Coping Strategies for Native American Students	3:00 – 4:00 pm
<b>Drop-In Support Groups</b>	
Aggie 4 Recovery (Thursdays & Sundays)	7:00 – 8:00 pm