

Group Counseling

shcs.ucdavis.edu/groups

UCDAVIS
STUDENT HEALTH AND
COUNSELING SERVICES



Spring 2021

Mondays

Phoenix Rising: A Support Group for Undergraduate Survivors of Sexual Trauma	2:10 – 3:30 pm
Healing Through Connections: Graduate Student Therapy Group	3:10 – 4:30 pm
“The Journey” Therapy Group	3:10 – 4:30 pm

Tuesdays

HEAL	1:30 – 2:50 pm
Women’s Group	2:10 – 3:30 pm
Undergraduate Career Exploration Group (UCEG)	3:00 – 4:30 pm
Grief Support Group	3:30 - 4:50 pm
Heal for Athletes	5:10 - 6:30 pm

Wednesdays

Lavender Connection: LGBTQ Student Support Group	10:00–11:20am
Building Social Confidence Group	1:10 – 2:30 pm
Nourish: The Body & The Self	3:10 – 4:30 pm
Phoenix Rising: A Support Group for Graduate Survivors of Sexual Trauma	3:10 - 4:30 pm
Mindfulness & Compassion Meditation Group	3:15 – 4:30 pm

Thursdays

Gaming Support Group	1:15 – 2:30 pm
Living with Chronic Medical Conditions & Disabilities Group	1:30 – 2:50 pm

Support Groups and Workshops

Adelante Mujeres Support Group for Graduate Students (Mondays)	5:15 – 6:15 pm
DVM First Year Student Support Group (Mondays)	5:30 – 6:30 pm
Adelante Mujeres Support Group for Undergraduate Students (Wednesdays)	1:00 – 2:15 pm
Talking Circle - Coping Strategies for Native American Students	3:00 – 4:00 pm
Heart of Medicine: A Medical Student Support Group	TBD
Dissertation/Thesis Support Group	TBD
Lighthouse Support Space	TBD
Write to Thrive	TBD
Write to Thrive, A Deeper Dive	TBD
You Got This Workshop Series	Multiple Sessions
Aggies for Recovery Group (Thursdays at https://ucdavis.zoom.us/j/98030131552)	6:30 – 7:30 pm