# Group Counseling Fall 2023

## Mondays
- **Phoenix Rising: A Support Group for Undergrad Student Survivors of Sexual Trauma**
  - 2:10 – 3:30 pm
- **Nourish: The Body & The Self**
  - 1:10 – 2:30 pm
- **NeuroTribe – Group for Neurodivergent Students**
  - 3:00 – 4:30 pm

## Tuesdays
- **Lavender Connection: LGBTQIA+ Graduate and Professional Student Group**
  - 1:00 – 2:30 pm
- **South Asian Support Group**
  - 2:10 – 3:20 pm
- **HEAL**
  - 3:10 – 4:30 pm
- **Undergraduate Career Exploration Group (UCEG)**
  - 3:10 – 4:30 pm
- **Write to Thrive – Expressive Arts-Based Healing for Survivors of Sexual Trauma**
  - 3:15 – 4:30 pm

## Wednesdays
- **Building Social Confidence Group**
  - 11:00 – 12:30 pm
- **Hey it’s Me, Anxiety**
  - 1:00 – 2:30 pm
- **Guys Group**
  - 1:10 – 2:30 pm
- **Grief Support Group**
  - 1:10 – 2:30 pm
- **Family Differences**
  - 1:15 - 2:30 pm
- **Adelante Mujeres – BILINGUAL**
  - 2:10 – 3:30 pm
- **Lavender Connection: LGBTQIA+ Undergraduate Student Group**
  - 2:10 – 3:30 pm
- **Inside Out - Women’s Body Wisdom & Self-Empowerment through Expressive Arts Healing**
  - 3:15 – 4:30 pm
- **From Surviving to Thriving: For Students Suffering from Depression**
  - 4:05 – 5:05 pm
- **Healing Through Connections – Graduate Student Group**
  - 4:10 – 5:30 pm
- **Pre-Health Professions Support Group for Undergraduates**
  - 4:10 – 5:30 pm

## Thursdays
- **Living with Chronic Medical Conditions & Disabilities Group**
  - 1:10 – 2:30 pm
- **Engineering Small Group Process**
  - TBD
- **Thank You, Next – Rebuilding After Breakup**
  - 3:00 – 4:30 pm

## Fridays
- **NO GROUPS OFFERED ON FRIDAYS**
  - N/A
### Support Groups with RSVP Requirement

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
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<tbody>
<tr>
<td>Sister to Sister (Monthly on Fridays)</td>
<td>12:00 – 2:00 pm</td>
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<tr>
<td>Beyond the Margins: BIPOC Support Space (Wednesdays)</td>
<td>4:30 – 6:00 pm</td>
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<tr>
<td>Heart of Medicine: Medical Students Support Group (Wednesdays)</td>
<td>5:30 – 6:30 pm</td>
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<tr>
<td>Stay Focused: A Workshop for Managing ADHD in Law School (Thursdays)</td>
<td>3:30 – 4:30 pm</td>
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### Drop-In Support Groups

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
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<tbody>
<tr>
<td>Taking ACTion: Coping Skills Workshops for Medical Students (Mondays)</td>
<td>12:00 – 1:00 pm</td>
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<tr>
<td>Aggies for Recovery (Thursdays &amp; Sundays)</td>
<td>Varies</td>
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9/21/2023