

Group Counseling

shcs.ucdavis.edu/groups

UC DAVIS
STUDENT HEALTH AND
COUNSELING SERVICES



Spring 2023

Mondays

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| Phoenix Rising: A Support Group for Undergrad Student Survivors of Sexual Trauma | 2:10 – 3:30 pm |
| Neurodivergent Group | 3:00 – 4:30 pm |
| Family Differences Group | 3:15 – 4:30 pm |

Tuesdays

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| Adelante Mujeres – Spanish | 1:00 – 2:10 pm |
| L&S Connections Group | 1:30 – 2:50 pm |
| HEAL | 2:10 – 3:30 pm |
| Grief Support Group | 2:10 – 3:30 pm |
| Undergraduate Career Exploration Group (UCEG) | 3:10 – 4:30 pm |

Wednesdays

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| Building Social Confidence Group | 10:00 – 11:30 am |
| Graduate Student Group | 1:10 – 2:30 pm |
| Healing Through Connections – Graduate Student Group | 1:10 – 2:30 pm |
| Hey it's Me, Anxiety | 1:00 – 2:30 pm |
| Guys 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

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| Hey it's Me, Anxiety | 10:30 am – 12:00 pm |
| 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 |
| Adelante Mujeres – English | 2:10 – 3:30 pm |
| Thank You, Next – Rebuilding After Breakup | 3:30 – 4:50 pm |

Fridays

“The Journey” Therapy Group

10:00 – 12:00 pm

Nourish: The Body & The Self

4:00 – 5:00 pm

| Support Groups with RSVP Requirement | |
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| BIPOC Support Circle (Wednesdays) | 4:00 – 5:00 pm |
| Club Sports Group (Tuesdays) | 3:00 – 4:00 pm |
| ICA Group (Tuesdays) | 4:00 – 5:00 pm |
| Nonbinary Support Group (Tuesdays) | 1:00 – 2:20 pm |
| South Asian Support Group (Tuesdays) | 1:00 – 2:00 pm |
| Stay Focused: A Workshop for Managing ADHD in Law School (Thursdays) | 3:30 – 4:30 pm |
| Drop-In Support Groups | |
| Aggies 4 Recovery (Wednesdays & Sundays) | 7:30 – 8:30 pm |

3/27/2023