

Group Counseling

shcs.ucdavis.edu/groups



UCDAVIS

**STUDENT HEALTH AND
COUNSELING SERVICES**



Winter 2024

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

HEAL	3:10 – 4:30 pm
Undergraduate Career Exploration Group (UCEG)	3:10 – 4:30 pm
Inside Out - Women's Body Wisdom & Self-Empowerment through Expressive Arts Healing	3:15 – 4:30 pm

WEDNESDAYS

Building Social Confidence Group	11:00 – 12:30 pm
Lavender Connection: LGBTQIA+ Graduate and Professional Student Group	1:00 – 2:30 pm
Hey it's Me, Anxiety	4:00 – 5:00 pm
Guys Group	1:10 – 2:30 pm
Family Differences	1:15 - 2:30 pm
Lavender Connection: LGBTQIA+ Undergraduate Student Group	2:10 – 3:30 pm
NeuroTribe– Group for Neurodivergent Students	3:00 – 4:30 pm
Write to Thrive – Expressive Arts-Based Healing for Survivors of Sexual Trauma	3:15 – 4:30 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
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Engineering Small Group Process	TBD
Thank You, Next – Rebuilding After Breakup	3:00 – 4:30 pm
From Surviving to Thriving: For Students Suffering from Depression	4:00 – 5:00 pm
FRIDAYS	
NO GROUPS OFFERED ON FRIDAYS	N/A
SUPPORT GROUPS WITH RSVP REQUIREMENT	
Sister to Sister (Monthly on Fridays)	12:00 – 2:00 pm
Beyond the Margins: BIPOC Support Space (Wednesdays)	4:30 – 6:00 pm
DROP-IN SUPPORT GROUPS	
Taking ACTION: Coping Skills Workshops for Medical Students (Tuesdays)	12:00 – 1:00 pm
Aggies for Recovery (Thursdays & Sundays)	Varies
Updated January 16, 2024	