Counseling & Psychological Services
Fall 2017 Groups
All groups are free and confidential to CSUF students

Please note: All students must have an up-to-date intake counseling appointment and group screening. An intake counseling appointment and/or group screening can be scheduled by contacting CAPS at (657) 278-3040.

Making Peace with Food
* Tuesdays, 3 p.m. – 4:30 p.m.

Issues about how we see ourselves and our bodies can be tough. Many times we really don’t see what others see, but it is hard to know the truth. This group is for the purpose of understanding how issues related to self-esteem, confidence, authenticity, and conflict management connect to and affect our relationships with food, and the management of feelings that can be directed toward food instead of action that would help us feel better. The connection with other people is powerful at giving us the will and power to change.

Getting Over the Hump: Relaxation Wednesdays
* Wednesdays, 1:30 p.m. - 3 p.m.

Too busy to relax? Unsure how to relax? Don’t want to relax alone? Too much work and not enough time for ourselves can result in increased physical and mental health struggles. Sometimes finding time for ourselves can be difficult; join this group and have built-in time to relax and engage in self-care without worrying about “wasting time.” This support group is designed to increase members’ understanding of the negative effects of stress and provide opportunity to develop relaxation strategies via interactive instruction.

Grief and Loss
* Fridays, 9 a.m. - 10:30 a.m.

Losing someone close to us can be incredibly difficult, as it can lead to unexpected thoughts/feelings and cause us to question aspects of ourselves, others, and life more generally. It can be difficult to seek out needed support during the grieving process, particularly when it feels as though nobody “gets it.” This group is designed to provide a safe space for those who have lost a loved one to share their struggles with others who have experienced a similar loss.