

Counseling & Psychological Services, Groups (Spring 2020)

All groups are free, confidential, located in the CAPS Conference Room, and require consistent weekly attendance. All students must have an up-to-date intake prior to scheduling a group screening. CAPS at **(657) 278-3040**.

CARING FOR YOURSELF: A SELF-CARE GROUP

Tuesdays, 3:00 - 4:30 P.M.

Dr. Valerie Minchala & Hank Skulstad, M.A.

Too busy to take care of yourself? Unsure how to engage in self-care? Don't want to do it 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 self-care strategies via interactive instruction.

LIVING AN AUTHENTIC LIFE: BUILDING RESILIENCE & COMPASSION

Tuesdays, 11:00 A.M. - 12:30 P.M.

Megan Bonyng, M.S., LMFT & Natalya Newcomb, M.A.

This group will focus on the elements Dr. Brené Brown has found to be common among people who live wholeheartedly and authentically, which include Courage, Compassion, and Connection. The group will also hone in on aspects of self-esteem and shame resilience to help participants build better relationships and life satisfaction.

TITAN PRIDE

Wednesdays, 3:00 - 4:30 P.M.

Dr. Ladan Maleki & Isra Yaghoubi, M.A.

A safe and affirming space designated for students who identify as LGBTQ+ to explore identities, build community, improve self-esteem, strengthen coping skills, and improve access to mental health resources.

CONNECTIONS OF THE HEART

Group 1: Tuesdays, 10:30 A.M.-12:00 P.M.

Group 2: Tuesdays, 2:00 - 3:30 P.M.

Dr. Christina Carroll-Pavia

This group encourages members to build caring, genuine interpersonal connections through the process of creative artmaking. Members are encouraged to express themselves through their art and words as a means of building support, processing emotional and relational struggles, and tapping into their own strengths. The goal is not to make "good art," but to use the creative process as a vehicle for personal exploration and development. No previous experience with art or art-making is required.

GRIEF SUPPORT GROUP

Fridays, 11:00 A.M. - 12:30 P.M.

Dr. Phi Loan Le & Natalya Newcomb, M.A.

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.

YOUR BEST SELF: BUILDING SELF-ESTEEM & CONFIDENCE

Tuesdays, 1:00 - 2:30 P.M.

Jacquiline Vital, M.A., LMFT

Group members will learn tools to challenge their unhealthy thinking styles and their "inner critic" as well as explore influences on their self-esteem. Identifying their strengths and positive traits will also be covered, with the goal of each member to dive deeper in understanding what self-love is, appreciating their own self-worth, freeing oneself from the jail of incessant judgment, and most importantly, becoming their best self.



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