

# Counseling & Psychological Services

## CAPS Groups (Spring 2021)

All groups are free, confidential, and require consistent weekly attendance. All students must have an up-to-date intake prior to scheduling a group screening.

To schedule call CAPS at (657) 278 - 3040

### TITAN PRIDE

Start Date: February 2

**Tuesdays,  
1 – 2:30PM**

*Dr. Ladan Maleki &  
Gabrielle Giomini, M. A.*

This group is designed to provide an affirming, safe, and empowering circle of support for students who identify as LGBTQ+ and those who are questioning their sexual orientation and/or gender identity. Discussions will be based on group members' needs and have typically included themes of exploring identities, unpacking feelings about labels, discussing what it means to "come out", navigating potential conflict with family, healing internalized homophobia, safety concerns, concerns around employment, dating and meeting others in the community, and self-discovery.

### MANAGING STRESS & ANXIETY DURING COVID-19

Start Date: February 3

**Wednesdays,  
2:30 - 4PM**

*Solomon Massin, LCSW &  
Alex Osorio, LCSW*

8-week support group focusing on providing students a safe space to engage in community, to share lived experiences, and learn how to manage anxiety and stress during uncertain times. Sessions will cover topics such as identifying symptoms of stress and anxiety, learning about coping techniques, adjusting to virtual learning/work, self-care, and self-compassion, alongside peers who are experiencing similar challenges.

### UMOJA LIFE (UNITY/COMMUNITY)

Start Date: February 3

**Wednesdays,  
4 – 5:30PM**

*Myesha Dunn, LMFT*

A safe space where black students can process the anxiety, stress and pains of racial trauma. Participants will explore the spectrum of anxiety in the context of discrimination. Participants will have the opportunity to create connection and community with other students that share some similar experiences. Participants will identify basic coping strategies and healing practices that can be used to increase self-care, self-worth and inner peace.

### GRIEF AND HEALING SUPPORT GROUP

Start Date: February 4

**Thursdays, 1 – 2:30PM**

*Dr. Phi Loan Le &  
Calvin Yang, 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.

### HEALING FROM TRAUMA

Start Date: February 4

**Thursdays, 1 – 2:30PM**

*Megan Bonyng, LMFT &  
Gabrielle Giomini, M. A.*

Structured therapy group to help you learn how to face the past, so it won't control or define your future. We'll use a straightforward approach and compassionate boundaries to give you a space to heal and be heard, and to teach you useful skills to use along the way.

### IN THE PRESENT: MINDFULNESS & COMPASSION

Start Date: February 4

**Thursdays, 2 – 3:30PM**

*Alex Osorio, LCSW &  
Dr. Natalya Newcomb*

This group is a way to connect with others and have the supportive space to deepen your awareness of present moment experiences with acceptance. Join the group to experientially learn different mindfulness techniques that will help you develop genuine loving-kindness for yourself and others.

### HEALING THROUGH THE WRITTEN WORD

Start Date: February 5

**Fridays, 2 – 3:30PM**

*Naji Shtayyeh, LMFT,  
LPCC & Dr. Nicole Enrique*

Storytelling is an important and sacred practice of various cultures. Stories often help us to gain new perspectives, examine our own lives, and consider change we want to experience. This group will use reading as a mode of therapy. Together, group members will read and consider pieces of wisdom they can apply to their own lives. Don't worry—this is not meant to be extra homework! Instead, this group is designed to be a space for reflection and growth.

### LIVING AN AUTHENTIC LIFE

Start Date: February 5

**Fridays,  
11AM – 12:30PM**

*Megan Bonyng, LMFT &  
Dr. Natalya Newcomb*

Challenge with courage the way shame and fear show up in your life. Dig deep and cultivate compassion for yourself and others. Develop connection by creating a community focused on insight and growth.