Spring 2019 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.

Connections of the HeART

Tuesdays, 2 p.m. - 3:30 p.m.

This 90-minute 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—just an openness to participating in the creative process as a means of personal growth.

Caring for Yourself: A Self-Care Group

Wednesdays, 1:30 p.m. – 3:00 p.m.

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.

Grief & Healing Support Group

Thursdays, 1 p.m. – 2:15 p.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.

Cultural Connect – International Student Support Meeting

Fridays, 11 a.m. – 11:50 a.m.

International college students may experience increased stress due to the transition from their home country to the United States. Attend ‘Cultural Connect’ meetings to share your unique college experiences, challenges, and strengths. The goal is the ease adjustment to the U.S. culture, normalize student experiences, and increase coping skills in a supportive environment.