RESILIENT: UNDOCU SUPPORT GROUP

Thursdays, 3:00 P.M. - 4:30 P.M.  Starting October 1st
Solomon Massin, LCSW
This support group is open to undocumented undergraduate and graduate students. Join us to connect and engage with peers, building upon strengths in community. Topics to be discussed include issues of discrimination, coping with uncertainty, mental wellbeing, and resources in the community.

HEALING FROM TRAUMA

Thursdays, 1:00 – 2:30 P.M.  Starting September 24th
Megan Bonynge, 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.

GRIEF AND HEALING SUPPORT GROUP

Tuesdays, 10:00 A.M. - 11:30 A.M.
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.

MAN UP: REDEFINING MASCULINITY

Thursdays, 2:00 – 3:30 P.M.  Starting October 1st
Naji Shhtayeh, LMFT, LPC &  Dr. Nicole Enrique
The old messages of masculinity can have men feeling stifled and lonely. This 10-session group counseling is for anyone who identifies as male who is looking for a safe place to explore their feelings and experiences. As a group we will help each other explore how past expectations of masculinity affect us, and redefine ourselves more genuinely through fostering authentic communication and practicing self-awareness.

YOUR BEST SELF: BUILDING SELF-ESTEEM & CONFIDENCE

Thursdays, 1:00 – 2:30 P.M.  Starting October 1st
Jacqueline Vital, M.A., LMFT & Laura Vital, M.A.
Group members will learn tools to challenge unhealthy thinking styles and “inner critic” as well as explore influences on self-esteem. Identifying 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.

MANAGING STRESS & ANXIETY DURING COVID-19

Wednesdays, 3:00 P.M. - 4:30 P.M.  Starting October 7th
Solomon Massin, LCSW & Alex Osorio, LCSW
8-week support group focused 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)

Wednesdays, 4:00-5:30 pm  Starting October 7th
Myesha Dunn, M.A., 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.

LIVING AN AUTHENTIC LIFE

Fridays, 11:00 A.M. – 12:30 P.M.  Starting September 25th
Megan Bonynge, LMFT  & Dr. Natalya Newcomb
Challenge with courage the way shame and fear show up in your life and cultivate compassion for yourself and others. Develop connection by creating a community-focused on insight and growth.

IN THE PRESENT: MINDFULNESS & MEDITATION

Fridays, 2:00 P.M. – 3:30 P.M.  Starting October 9th
Alex Osorio, LCSW & Dr. Natalya Newcomb
This group is a way to connect with others and have a supportive space to deepen your awareness of present moment experiences. Join the group to experimentally learn different mindfulness techniques that will help you develop genuine loving-kindness for yourself and others.