GROUPS FOR STUDENTS
COUNSELING + PSYCHOLOGICAL SERVICES
uhs.berkeley.edu/students/counseling/calendar.shtml
For more information about groups or to register for a group, please call (510) 642-9494

SKILLS GROUPS

Managing Stress, Anxiety & Depression
• Wednesdays, 4:15 – 5:45 pm (starting mid-June)
• Fridays, 3:00 – 4:30 pm (starting mid-June)
These 6-week groups are for students experiencing mild to moderate anxiety, depression or stress. Participants will learn cognitive & behavioral coping strategies to decrease anxiety, alleviate depression & manage stress. Participants will also have an opportunity to engage in discussion, and to give & receive support. Some topics include: self-care & relaxation, developing healthier attitudes, improving relationships, building social support.

Mindfulness for Stress & Resilience
• Fridays, 10:15 – 11:45 am
Mindfulness is the practice of focusing on the present moment and living in the here-and-now. To be mindful involves becoming aware of your thoughts and feelings as they occur without judging them. This 6-week group will provide structure and support for practicing mindfulness to mobilize inner resources to cope with stress. By relating differently to whatever is happening in life, participants can learn new ways to manages the stress and challenges of everyday living.

SUPPORT GROUPS

From Self-Criticism to Kindness
• Wednesdays, 3:15 – 4:45 pm
This support group will provide a space for students to learn skills for building self-compassion and kindness, as well as opportunities to offer support to one another. Topics will include: fostering an attitude of kindness towards self & others, building self-esteem through self-acceptance, and using mindfulness to facilitate resilience & self-confidence.

Graduate Women’s Support - GRAD STUDENTS ONLY
• Mondays, 4:15 – 5:45 pm
This support group is offered for female graduate students who wish to come together to share the challenges and struggles of being a grad student, discuss ways to balance school & personal life, discuss relationships with advisors and peers, increase self-confidence, and develop relationships with other women in grad school.

Adjusting to Cal
• Thursdays, 4:15 – 5:45 pm
This group is for students who want some support with the transition to being on campus, living in the Bay Area and studying at Cal. Any currently enrolled student, as well as first-year students, transfer students, international students, or visiting summer students are welcome to attend.

INTERPERSONAL GROUPS

Understanding Self and Others - Pre-group screening required
• Tuesdays, 4:15 – 5:45 pm
This weekly therapy group is designed to foster greater self-awareness and more satisfying relationships by exploring how your background and upbringing affect your relationships, becoming more aware of your thoughts and feelings, and exploring you're “here-and-now” feelings with other group members.