SKILLS GROUPS

Exploring Majors/Careers as an International Student
• Fridays, 3:15 – 4:45 pm
Uncertain about your career plans? Are you experiencing challenges with cross-cultural communication? Feeling overwhelmed and looking for some direction? This is a structured major/career exploration group that introduces group members to decision-making, self-assessment of interests and strengths, generation of major/career options, and integration of interests and values into ones major/career choice.

Managing Stress, Anxiety & Depression – Undergrad & Grad
• Mondays, 3:15 – 4:45 pm
• Tuesdays, 4:15 – 5:45 pm
• Fridays, 11:15 am – 12:45 pm
These 8-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.

Social Skills & Assertiveness – Undergrad & Grad
• Wednesdays, 5:00 – 6:30 pm
This group is for students who want to practice new social skills (like approaching new people, starting conversations, making small-talk, practicing self-disclosure, building relationships), find tools to manage social anxiety, and learn assertiveness skills.

Mindfulness Meditation – Undergrad & Grad
• Mondays, 3:30 – 5:00 pm
• Wednesdays, 2:15 – 3:45 pm
Mindfulness meditation is the practice of focusing your mind on the present moment to become more aware of thoughts, feelings and sensations as they occur without judging them. In this weekly group, participants will learn general mindfulness meditation skills by doing a variety of mindfulness exercises together, discussing their experiences doing the exercises, and considering ways to apply mindfulness in daily life.

Mindfulness for Stress Reduction & Resilience – Undergrad & Grad
• Fridays, 10:15 – 11:45 am
This 8-week group is offered for students who want to learn and practice mindfulness as a means to reduce stress and develop resilience. Each weekly group session will have a different topic or theme related to mindfulness-based stress relief. Participants will practice mindfulness exercises and learn ways that mindfulness can be used to manage stress and facilitate new ways of coping with challenges.

Managing Emotions Skills – Undergrad & Grad / Pre-group meeting required
• Tuesdays, 10:15 – 11:45 am
• Thursdays, 2:15 – 3:45 pm
This group, based on Dialectical Behavior Therapy (DBT), is designed to teach students skills to manage and regulate emotions more effectively. In a structured and supportive environment, participants will learn skills to modify behavioral, emotional, and thinking patterns associated with problems in living that cause misery and distress. Participants MUST be in concurrent individual therapy to participate in this group.

Focus for Success – Undergrad & Grad / Pre-group meeting required
• Tuesdays, 4:00 – 5:30 pm
This workshop and support group is designed to assist students with ADHD at Cal by focusing on time management, organizational skills, maintenance skills, procrastination and more. In addition, we will introduce the Open-Focus Attention-Training Technique, a meditation like training designed to improve attention & focus.
From Self-Criticism to Kindness – Undergrad & Grad
• 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.

Grief & Loss Support – Undergrad & Grad / Pre-group meeting required
• Fridays, 3:15 – 4:45 pm
This support group is for students who have had a significant person in their life die more than 3 months ago. The group provides a safe space to learn about the grieving process, share experiences of loss, and give & receive emotional support.

Graduate Women’s Support – GRAD STUDENTS ONLY
• Mondays, 4:15 – 5:45 pm (Contact: Linda Zaruba, PhD at 510-643-5447)
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.

Queer Womyn of Color Support – Undergrad & Grad / Pre-group meeting required
• Wednesdays, 3:15 – 4:45 pm (Contact: Diana Peña, PhD at 510-642-9270)
This support group is designed for self-identified women who love women, regardless of other identities or labels. Together we will work to create a safe, confidential place where we can discuss our multiple identities, communities, coming out, self-esteem, relationships, sexuality, the “isms”, and other topics of interest.

Womyn of Color Support Circle – Undergrad & Grad / Pre-group meeting required
• Tuesdays, 2:45 – 4:15 pm (Contact: Diana Peña at 510-642-9270)
This support group is designed to provide a supportive space where both graduate and undergraduate women of color can engage in discussion, exploration and self-expression related to the challenges, complexities, and celebrations related to their life at UC Berkeley.

Graduate Student’s Support – GRAD STUDENTS ONLY / Pre-group meeting required
• Fridays, 1:15  – 2:45 pm (Contact: Laura Alie, PsyD at 510-642-9331)
This support group is designed for all graduate students who want a space to discuss the stresses of grad school, how to navigate relationships with colleagues and advisors, and ways to balanced school with other interests like personal relationships, family and leisure outlets.

Graduate Men’s Support – GRAD STUDENTS ONLY / Pre-group meeting required
• Thursdays, 2:00 – 3:30 pm (Contact: Rich Chiovarelli, PsyD at 510-642-6631)
This support group is offered for male grad students who wish to come together to discuss the challenges of being a grad student, ways to deal with the hurdles & hassles of school, find ways to connect with others, discuss relationship issues, and consider ways to manage stress & live a balanced life as a Berkeley.

Transfer Students & Undergrads Over Age 22 Support – Pre-group meeting required
• Fridays, 1:15 – 2:45 pm (Contact: John Sauvé, PsyD at 510-642-6667)
This weekly support group is offered for transfer students and older undergrads (over age 22) who want to come together to discuss the challenges of adjusting to the academic, social and cultural challenges of life at Cal. We'll discuss ways to connect with others, access academic and social support, change expectations of yourself, deal with the unique challenges of transfer and older students, discuss relationship issues, and consider ways to live a balanced life as a Berkeley undergrad.

Understanding Self and Others – Grad & Undergrad Groups / Pre-group screening required
• Tuesdays, 4:30 – 6:00 pm
• Fridays, 3:15 – 4:45 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.