

**\*\*No Sign-up Required!\*\***

\*\*Please note that all workshops are offered remotely at the designated date and times. Workshops will be closed 10 minutes after the start time listed. Workshops are intended for currently enrolled UCI students who are currently located in the state of California.

For more information and links to workshops go to:

<https://counseling.uci.edu/services/groups.html>

## Mondays

### **Surviving to Thriving in 2021 (Weekly)** 1:00pm-2:00pm

<https://uci-hipaa.zoom.us/j/97295561072>

**April 5:** Spring Into Action! Get Motivated

**April 12:** Social Media and Mood

**April 19:** Procrastination

**April 26:** Connection

**May 3:** Healthy Coping

**May 10:** Zoom Fatigue and Daily Routine

**May 17:** Focus, Concentration, and Procrastination

**May 24:** Sleep

**May 31:** NO Workshop-Memorial Day

**June 7:** Connection

## Tuesdays

### **Graduate Student Workshop Series** 4:00pm-5:00pm

<https://uci-hipaa.zoom.us/j/92694712840>

**Stress Management:** April 6, May 11

**Imposter Syndrome:** April 13, May 18

**Time Management:** April 20, May 25

**Navigating Academic Relationships:** April 27, June 1

## Thursdays

### **Academic Boot Camp** 1pm-2pm

<https://uci-hipaa.zoom.us/j/93659588226>

**April 15:** Maintaining Motivation

**April 22:** Reducing Avoidance

**April 29:** Improving Time Management

**May 13:** Maintaining Motivation

**May 20:** Reducing Avoidance

**May 27:** Improving Time Management

### **Mindful Self-Care (Weekly)** 4pm-5pm

<https://uci-hipaa.zoom.us/j/96599386790>

**Mindful Breathing:** April 1, April 22, May 13, June 3

**Mindful Stitching:** April 8, April 29, May 20

**Mindful Body Movement (incorporates Zuma Movement):** April 15, May 6, May 27

## Wednesdays

### **Wellness Workshop Series (Weekly)** 1pm-2pm

<https://uci-hipaa.zoom.us/j/92719651532>

**March 31st:** Compassion for the Inner Critic

**April 7th:** Be a Warrior not a Worrier

**April 14th:** Healing Through Writing

**April 21st:** Beating Test Anxiety

**April 28th:** Progressive Muscle Relaxation

**May 5th:** Mindful Living

**May 12th:** Relaxing Your Mind

**May 19th:** Body Neutrality

**May 26th:** Talking to a Loved one About Mental Health

**June 2nd:** Beating Test Anxiety

### **One Foot Out Drop-in Group** 4pm-5pm

Counseling Center Staff & Partnership with LGBT RC. A drop-in group for individuals needing support around topics such as: coming out, chosen family, PRIDE, and QTIPOC related concerns, relationships, and Queer History. This is a partnered event with the LGBT RC- please go to their website for more information.

## **\*\*Pre-group Screening Required!\*\***

All therapy groups start Week 3 of Winter Quarter. All Therapy Groups will be held via Telebehavioral Video Conferencing. Therapy Groups are intended for currently enrolled UCI students who are currently located in the state of California. Call the Counseling Center to learn more!

### **Authentic Connections (Mandarin Speaking Only)**

**Monday 3:00pm-4:30pm**

This group is for students interested in better understanding themselves and their relationships with others. It offers an environment where members can express their thoughts and feelings and provide support and feedback to one another especially being in a different cultural context. This group will be provided in Mandarin and intended for Mandarin speaking students only.

### **Graduate Student Therapy Group**

**Tuesday 10:30am-12:00pm**

This is a process-oriented therapy group for graduate students who would like to receive/provide support, learn about self and others, share their experiences, and discuss possible ways to cope with struggles. The focus of the group will be determined by the members; possible topics may include academic distress, personal growth, relationships, and work-life balance.

### **Overcoming Social Anxiety**

**Tuesday 10:30am-12:00pm**

This skills-focused group is designed to help students overcome anxiety in a variety of social situations including public speaking, meeting new people, initiating and maintaining conversations.

### **EmPower in Words: Healing Wounds**

**Tuesday 3:00pm-4:30pm**

This process-oriented therapy group is for students who identify as female and have experienced trauma and would like to connect with others, receive/provide support, and establish hope in their journey. A component of this group will involve writing to foster healing and empowerment.

### **Authentic Connections**

**Wednesday 1:00pm-2:30pm**

This group is for students interested in better understanding themselves and their relationships with others. It offers an environment where members can express their thoughts and feelings and provide support and feedback to one another.

### **Journey to Befriending Your Body**

**Thursday 3:00pm-4:30pm**

This is a process-oriented therapy group for students of ALL genders and sizes who would like to work on their concerns, discomfort, and discontent about their own bodies, shapes, weight, and appearance. This group will help members to begin or progress their journeys to healthy relationships with their bodies. Topics may include self-esteem, interpersonal insecurity, perfectionism, and cultural influences.

### **Finding Peace in Family Chaos**

**Friday 10:00am-11:30am**

This support group aims to provide a safe and nonjudgmental space for participants to increase awareness of how their family dynamics impact their relational patterns and overall functioning during COVID and beyond. Exploration of diverse topics including family and cultural expectations, spirituality, academics, career goals, and romantic relationships.