**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

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**Mondays**

**Surviving to Thriving in 2022 (Weekly)**
1pm-2pm
https://uci-hipaa.zoom.us/j/96899283712

- **January 3**: Living in the Now
- **January 10**: Adjusting to Change
- **January 24**: Focus, Concentration, & Procrastination
- **January 31**: Nonviolent Communication
- **February 7**: Getting ACTivated (motivation)
- **February 14**: Love Yourself!
- **February 28**: Healthy Coping
- **March 7**: Sleep

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**Tuesdays (in-person)**

**Diverse Identities and Mental Health**
4pm-5pm
In-Person

- **January 11**: LGBTQ Students (LGBT RC)
- **January 25**: Womxn of Color Students (WSC)
- **February 8**: Latinx Students (Latinx RC)
- **February 22**: Men and Masculinity (DREAM Center)
- **March 8**: International Students (Counseling Center)

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**Wednesdays**

**Wellness Workshop Series (Weekly)**
1pm-2pm
https://uci-hipaa.zoom.us/s/92274574035

- **January 5**: Creating a Coping Toolbox
- **January 12**: Coping with Racism
- **January 19**: Partying Safe
- **January 26**: Motivation
- **February 2**: Test Anxiety
- **February 9**: Recognizing Warning Signs and Helping a Friend in Need
- **February 16**: Craftivism
- **February 23**: Body Neutrality
- **March 2**: Sleep
- **March 9**: Compassion

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**Thursdays**

**Academic Boot Camp**
1pm-2pm
https://uci-hipaa.zoom.us/j/92635504076

- **February 3**: Maintaining Motivation
- **February 10**: Reducing Avoidance
- **February 17**: Improving Time Management
- **February 24**: Maintaining Motivation
- **March 3**: Reducing Avoidance
- **March 10**: Improving Time Management

**Graduate Student Workshop Series**
3pm-4pm
https://uci-hipaa.zoom.us/s/94544947904

- **Stress Management**: January 6, February 3, March 3
- **Imposter Syndrome**: January 13, February 10
- **Time Management**: January 20, February 17
- **Navigating Academic Relationships**: January 27, February 24, March 10

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**LGBTQ Support Group**
11am-12pm
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 QTPOC 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!**

Contact the Counseling Center to schedule a group screen today!

All therapy groups start Week 3 of Winter Quarter. Therapy Groups will be held in-person or via Telebehavioral VideoConferencing. Therapy Groups are intended for currently enrolled UCI students who are currently located in the state of California.

**Graduate Student Therapy Group**  
**Tuesday 9:30am-11:00am**

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.

**Authentic Connections**  
**Tuesday 1:00pm-2:30pm**

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

**Tools for Anxiety**  
**Wednesday 2:30pm-4:00 pm**

This group is centered on understanding and managing anxiety more effectively. The focus will be on exploring what drives anxiety, becoming more aware of how anxiety impacts members’ functioning, and building skills to cope with it. The goals of the group include supporting and empowering members in their journey to take the power back from anxiety.

**Overcoming Social Anxiety**  
**Thursday 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.

**Journey to Befriending Your Body**  
**Friday 10:00am-11:30am**

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 aims to help members to begin or progress their journeys to healthy relationships with their bodies through exploring relevant feelings and thoughts, receiving/providing support, and discussing ways to cope in a safe space. The focus of the group will be determined by the members; possible topics may include self-esteem, interpersonal insecurity, perfectionism, and cultural and familiar influences.

**Finding Peace in Family Chaos**  
**Friday 11:00am-12:30pm**

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. Through the interactive nature of the group members may engage in discussion and exploration of diverse topics including family and cultural expectations, spirituality, academics, career goals, and romantic relationships. Giving and receiving of interpersonal feedback is also an important component of this group.