**Pre-group Screening Required!**

Contact the Counseling Center to schedule a group screen today!

All therapy groups start Week 3 of Spring 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.

**Authentic Connections -- Mandarin**

**Mondays at 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. Issues such as relational concerns, cross-cultural adjustment, career development, academic challenges, loneliness, and concerns unique to international students are typical topics we address.

*NOTE: This group will be provided in Mandarin and intended for Mandarin speaking students only.*

**Graduate Student Therapy Group**

**Tuesdays at 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**

**Tuesdays at 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.

**Overcoming Social Anxiety**

**Thursdays at 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**

**Fridays at 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**

**Fridays at 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.

**AAPI Women's Group**

**Fridays at 1:00pm-2:30pm**

The interpersonal process group is for students who identify as a woman of any Asian, Asian American, and/or Pacific Islander background. The group will be focused on providing a safe space to identify and share experiences related to academics, intersectional identities, racism and microaggressions, family and relationships, dating, career, values, mental health, as well as other topics determined by students. In addition, the group will explore how these experiences shape our interpersonal relationships and mental health, while identifying our emotions and patterns in the therapy space.