**No Sign-up Required!**

Please note that workshops are offered both in-person and remotely at the designated date and times. Workshops will be closed 10 minutes after the start times 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/group-and-workshop-services/

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**Tuesdays**

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

- **April 12**: Womxn of Color Students (Womxn's Success Center)
- **April 19**: Latinx Students (Latinx Resource Center)
- **May 3**: International Students (Counseling Center)
- **May 17**: AAPI Media Representation (DREAM Center)
- **May 31**: Men and Masculinity (CARE Center)

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**Wellness Workshop Series (Weekly)**
1pm-2pm
In-Person: Counseling Center Conference Room

- **April 6**: Text Anxiety
- **April 13**: Procrastination
- **April 20**: Compassion for Our Inner Critic
- **April 27**: Anxiety: Calming & Relaxation Techniques
- **May 4**: Creativity - Mindful Breathing
- **May 11**: Perfectionism
- **May 18**: Sleep Hygiene
- **May 25**: Cross-National Stress Management
- **June 1**: Anger Management

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**Thursdays**

**Community Care with Dr. C**
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 visit their website for more information.

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**Academic Boot Camp**
1pm-2pm
In-Person @ LARC

- **April 28**: Maintaining Motivation
- **May 5**: Reducing Avoidance
- **May 12**: Improving Time Management

Remote
https://uci-hipaa.zoom.us/j/92635504076

- **May 19**: Maintaining Motivation
- **May 26**: Reducing Avoidance
- **June 2**: Improving Time Management

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**Graduate Student Workshop Series**
3pm-4pm
In-Person @ GPSRC

- **April 7**: Stress Management
- **April 14**: Imposter Syndrome
- **April 21**: Time Management

Remote
https://uci-hipaa.zoom.us/s/94544947904

- **May 5**: Stress Management
- **May 12**: Imposter Syndrome
- **May 19**: Time Management

- **May 26**: Navigating Academic Relationships