

Group Counseling

shcs.ucdavis.edu/groups



UCDAVIS

STUDENT HEALTH AND COUNSELING SERVICES



Spring 2024

MONDAYS

Phoenix Rising: A Support Group for Undergrad Student Survivors of Sexual Trauma	2:10 – 3:30 pm
Nourish: The Body & The Self	1:10 – 2:30 pm
NeuroTribe – Group for Neurodivergent Students	3:00 – 4:30 pm

TUESDAYS

From Surviving to Thriving: For Students with Depression and/or Anxiety	1:30 – 3:00 pm
Adelante Mujeres for Undergraduate Students (Spanish)	2:10 – 3:30 pm

WEDNESDAYS

Lavender Connection: LGBTQIA+ Graduate and Professional Student Group	1:00 – 2:30 pm
Guys Group	1:10 – 2:30 pm
Family Differences	1:15 - 2:30 pm
Adelante Mujeres for Graduate Students (English)	1:00 – 2:15 pm
Lavender Connection: LGBTQIA+ Undergraduate Student Group	2:10 – 3:30 pm
Undergraduate Career Exploration Group (UCEG)	3:10 – 4:30 pm
NeuroTribe– Group for Neurodivergent Students	3:00 – 4:30 pm
Adelante Mujeres for Undergraduate Students (English)	3:10 – 4:30pm
Inside Out - Women's Body Wisdom & Self-Empowerment through Expressive Arts Healing	3:15 – 4:30 pm
Healing Through Connections – Graduate Student Group	4:10 – 5:30 pm

THURSDAYS

Building Social Confidence Group	10:00 – 11:30 am
Living with Chronic Medical Conditions & Disabilities Group	1:10 – 2:30 pm
Thank You, Next – Rebuilding After Breakup	3:00 – 4:30 pm

FRIDAYS

NO GROUPS OFFERED ON FRIDAYS

N/A

SUPPORT GROUPS WITH RSVP REQUIREMENT

Sister to Sister (Monthly on Fridays)

12:00 – 2:00
pm

Beyond the Margins: BIPOC Support Space (Wednesdays)

4:30 – 6:00 pm

DROP-IN SUPPORT GROUPS

Forest Bathing Drop-In Group (Mondays, Wyatt Deck in UCD Arboretum)

12:00 – 1:00pm

Taking ACTION: Coping Skills Workshops for Medical Students (Tuesdays)

12:00 – 1:00
pm

Aggies for Recovery (Tuesdays, Thursdays & Sundays)

Varies

Updated March 18, 2024