Understanding self and others group
Past and present interactions with others contribute to shaping personality. This type of group is often the treatment of choice for people who experience troubled relationships (including romantic, family, and friend-related), loneliness, depression, social anxiety, difficulty expressing emotions, self-criticism, difficulty with vulnerability/intimacy and low self-esteem. They offer a protected environment to identify and explore feelings; to learn how to give and receive empathy; to give and receive support and feedback; to practice new, healthier ways of relating to others; and to foster connections to feel less lonely or isolated.

Wednesday (weekly group for the year with enrollment until full): 9:45-11:15am (Anand Desai, PsyD & Hannah Schriber, MA) - @ Asbury

Wednesday (weekly): 12-1:30 (Jonathan Fricke, MA & Manny Hermosillo, MA) - @ Ritchie

Thursday (weekly): 2:30-4pm (Amanda Weaver, PsyD & Deja Alexander, MA) - @ Ritchie

Student of color support and empowerment group
Students of color are often navigating a complex and difficult college environment. The focus of this group is on creating a space for students of color to connect over experiences of discrimination, oppression, racism, and inequity; support one another; and gain wisdom and energy from each other.

Friday (weekly group with open enrollment until full): 10:15-11:45am (Anna Mokry, PsyD & Kristen Park, M.Ed) - telehealth via ZOOM

Queer Community trauma-focused group
This is a support group for students who identify as bisexual, gay, lesbian, queer, questioning, and/or transgender and who have experienced trauma in their lives. This includes sexual, emotional, physical, neglect and/or trauma experience within their family of origin. This group is intended as a space for students to share community in order to cope with painful emotions associated with trauma.

Wednesday (weekly): 12:30-2pm (Kayla Rodriguez, LCSW) - @ Asbury

Grief and loss group
This group helps participants express and explore emotions related to their experiences of bereavement. It is open to people who have lost a loved one (e.g., family member, friend). It combines sharing, discussion, support, and activities.

Thursday (weekly): 2:30-4 or 3-4:30pm (Anand Desai, PsyD & Jonathan Fricke, MA) - @ Asbury

Stronger Together: A Healing group for trauma survivors
This group is for women who have experienced chronic trauma in their lives. This includes sexual, emotional, physical, neglect and/or trauma experience within their family of origin. It is intended to provide a space to cope with depressive symptoms, anger, shame, guilt, and painful emotions associated with trauma.

Wednesday (weekly for the quarter): Thursday 10-11:30 (Megan Shih, LCSW) - @ Asbury
Managing graduate school: Both within and outside the classroom

Academic demands, career questions, and self-doubt frequently impact the health and functioning of graduate students. Additionally, relationships are often impacted outside the classroom, exacerbating experiences of stress, depressive symptoms, and anxiety. This group provides a place to receive support from other graduate students and explore relationship issues that are common during this phase of life.

Wednesday (weekly group for the year with open enrollment until full): 9:30-11am (Jacaranda Palmateer, PsyD & Angela Michener, LCSW) - @ Ritchie

DBT/Emotional wellness group: Interpersonal Effectiveness

This workshop focuses on interpersonal effectiveness, teaching tangible skills to promote healthy relationship outcomes. Dialectical Behavior Therapy (DBT) participants will learn how to identify and manage challenging emotional experiences; and incorporate mindfulness, distress tolerance, and emotion-regulation skills to prioritize boundary setting, values clarification, and nonjudgmental self-inquiry.

Friday (weekly): 10:30-12pm (James O'Geary, LPC) - @ Ritchie

ACT workshop: Getting unstuck from depression and anxiety

This six-part workshop addresses anxiety and depression by helping students let go of strategies of avoidance and control, increasing the ability to relate more effectively to thoughts, emotions and sensations. It aims to bring more meaning, purpose and vitality to everyday life.

Thursday (weeks 3-8): 1-2pm (Tommy Fritze, PsyD) - @ Ritchie

T Time: A Gender diverse support group

T Time is a confidential space that provides support and community building group for trans*, non-binary, and gender diverse students. While topics may include coming out, gender expression/transition, dating/sexuality, or family and social relationships, discussion will be primarily guided by the interests of the group members.

Monday (weekly group with open enrollment): 1-2:30pm (Chloe Wright, PhD) - @ Community Commons

Fear-less: An Anxiety management group

This is a support group for students who identify as bisexual, gay, lesbian, queer, questioning, transgender, or any other personally meaningful term who are navigating sexual and/or gender identity development and acceptance. Focus is on building a supportive community and sharing space with others as you integrate your sexual and gender identities in authentic and self-affirming way.

Friday (weekly): 12-1pm (Angela Michener, LCSW & Kyana Bellon, MA) @ Ritchie

Queery: Exploring your queer identity

This is a support group for students who identify as bisexual, gay, lesbian, queer, questioning, transgender, or any other personally meaningful term who are navigating sexual and/or gender identity development and acceptance. Focus is on building a supportive community and sharing space with others as you integrate your sexual and gender identities in authentic and self-affirming way.