

Understanding self and others group

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, support and feedback; to practice new, healthier ways of relating to others; and to foster connections to feel less lonely or isolated.

Wednesday (ongoing weekly group for the year with enrollment until full): 2-3:30pm (Anand Desai, PsyD & Ryan Chong, MA) - @ Asbury

Tuesday (ongoing weekly group for the year with enrollment until full): 2:30-4pm (Anand Desai, PsyD, & Aida Javaheri, BSc) - @ 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 (only weekly group for the year with open enrollment until full): 10:30am-12pm (Jacaranda Palmateer, PsyD & Tyler Ricci, PhD) - @ Ritchie

Resiliency and anti-discrimination group

Students who experience discrimination are often navigating a complex and difficult college environment. This group creates a space for students who have had these discriminatory experiences to connect/support one another while also gaining wisdom and energy from each other.

Thursday (weekly group with open enrollment until full): 2:30-4pm (Anna Mokry, PsyD & Carmyn Hayes, MS) - telehealth via ZOOM

DBT skills group

Mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness are the primary topics emphasized in this group. Members will learn how to identify and respond to challenging emotional experiences; and utilize discussed skills to promote self-advocacy, grace, and nonjudgmental curiosity. Normalizing the complexity of the human experience and empowering participants to develop their own self-care plan is a priority.

Friday (weekly): 10:30am-12pm (James O'Geary, LPC & Emma Smith, MS) - @ Ritchie

Health and Counseling Center

2026 Winter Quarter

Group Counseling and Workshop Schedule

THE MAJORITY OF GROUPS ARE BEING OFFERED IN-PERSON THOUGH SOME MAY BE OFFERED VIA TELEHEALTH (ZOOM). PLEASE SEE DESCRIPTIONS FOR GROUP DAYS, TIMES AND LOCATIONS.

ALL GROUPS/WORKSHOPS BESIDES ACT AND MINDFULNESS REQUIRE A 30 MINUTE MEETING WITH FACILITATOR(S) PRIOR TO JOINING. SOME GROUPS MAY HAVE MEMBERS CONTINUING FROM PREVIOUS QUARTERS INCLUDING UNDERSTANDING SELF AND OTHERS & THE GRAD SUPPORT GROUPS .

PLEASE EMAIL ANAND DESAI (anand.desai@du.edu) FOR ANY GROUP RELATED QUESTIONS OR CALL 303-871-2205 FOR GENERAL HCC QUESTIONS



Health & Counseling Center
UNIVERSITY OF DENVER

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.

Tuesdays (weeks 3-8): 1:15-2:15pm (*Tommy Fritze, PsyD and Ryan Chong, MA*) - @ Ritchie

Athlete injury recovery excellence

This group is for varsity student-athletes at varying stages of the injury recovery process. It is to learn about the mental, emotional, and social aspects of injuries, to practice effective coping skills, and develop routines to optimize the recovery process.

Fridays (weekly): 12-1pm (*Tommy Fritze, PsyD & RJ Parrino, EdM, CMPC*) - @ Ritchie

Fear-less: an Anxiety management group

This group helps members learn new ways of relating to their anxiety in order to be more present and engaged in their lives. You will have the opportunity to connect with others who experience distress, frustration, and shame around their continued struggles and develop skills that allow you to better manage your anxiety.

Tuesday (weekly): 3-4pm (*Anne Edwards, PsyD*) - @ Ritchie



Being yourself: Love expansively and authentically

This support group is designed to create open community for students who want to explore their romantic relationships, attraction/non-attraction, and understand their feelings of congruence/incongruence in their bodies. This group can support wherever you are at right now. Come as you are; this is a space where you can bring/be your whole self.

Monday (weekly): 2:30-4pm (*Corrine Schwarting, MS & Mauricio Verduzco, MA*) - @ Asbury

Removing the mask: a Group for neurodivergent students

This group is a neurodiversity affirmative space for those who want to understand how neurotype affects their lives. We welcome ADHDers, Autistic folks, self and formally diagnosed, anyone who has learned to "wear a mask." We'll discuss goal setting, executive functioning, socializing, navigating college, and other topics. This group is for students whose ways of thinking create different and unique social and professional paths. It focuses on a variety of "neuro styles" including autism spectrum disorder, attentional issues, synesthesia, or neuro difference that has influenced you to "wear a mask."

Monday (weekly): 1-2:30pm (*Lily Clark, PhD & Justin Li, Bsc*) - @ Asbury

Grief and loss support group

This group helps participants express and explore emotions related to their experiences of loss. It is open to people who have lost a loved one and combines sharing, discussion, support, and activities.

Thursday (weekly): 3-4:30pm (*Anand Desai, PsyD and Corrine Schwarting, MS plus Ivy, our therapy dog-in-training - based on consent from all group members*) - @ Asbury

Mindfulness institute for emerging adults

This four week workshop, is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management. Participants will ideally report being less-stressed, sleep better, and live with greater mindfulness and self-compassion.

Thursday (weeks 4-7): 3:30-4:45pm (*Alice Franks, PsyD*) - @ Ritchie

