



GROUPS FOR GRADUATE STUDENTS COUNSELING + PSYCHOLOGICAL SERVICES

FALL 2015

uhs.berkeley.edu/students/counseling/calendar.shtml

To get a referral for a pre-group screening, please call (510)-642-9494



Managing Stress, Anxiety & Depression *Skills Group*

• Fridays, 1:15 – 2:45 pm

These 8-week groups are for students experiencing mild to moderate anxiety, depression or stress. Participants will learn cognitive & behavioral coping strategies and have an opportunity to engage in discussion and give & receive support. Some topics include: self-care, relaxation, developing healthier thinking habits, combatting self-criticism, time management, worry management, procrastination prevention, increasing happiness, decreasing anxiety, developing assertiveness, & building social support.



Graduate Women's Support *Support Group*

Support Group

• Mondays, 5:00 – 6:30 pm

(Contact: Linda Zaruba, PhD at 510-643-5447)

This support group is offered for female graduate students who wish to come together to share the challenges and struggles of being a grad student, discuss ways to balance school & personal life, discuss relationships with advisors and peers, increase self-confidence, and develop relationships with other women in grad school.



Graduate Men's Support *Support Group*

Support Group

• Wednesdays, 4:15 – 5:45 pm • Thursdays, 2:10 – 3:40 pm

(Contact: John Sauv , PsyD at 510-642-6667)

This support group is offered for male grad students who wish to come together to discuss the challenges of being a grad student, ways to deal with the hurdles & hassles of school, find ways to connect with others, discuss relationship issues, and consider ways to manage stress & live a balanced life as a Berkeley. Pre-group meeting required.



Understanding Self and Others *Process Group*

Process Group

• Thursdays, 5:00 – 6:30 pm

This weekly therapy group is designed to foster greater self-awareness and more satisfying relationships by exploring how your background and upbringing affect your relationships, becoming more aware of your thoughts and feelings, and exploring you're "here-and-now" feelings with other group members. Pre-group screening required.



COUNSELING + PSYCHOLOGICAL SERVICES
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