**Fall 2021 Workshops**

Please note that all workshops are offered remotely at the designated date and times. Workshops will be closed 10 minutes after the start time 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/groups.html

### Mondays

**Surviving to Thriving in 2021 (Weekly)**
1pm-2pm
[https://uci-hipaa.zoom.us/j/96899283712](https://uci-hipaa.zoom.us/j/96899283712)

- **September 27**: Living in the Now
- **October 4**: Adjusting to Change
- **October 11**: Love Yourself!
- **October 18**: Return to the Social “Jungle”
- **October 25**: Focus, Concentration, & Procrastination
- **November 1**: Connection to Others & Self
- **November 8**: Motivation
- **November 15**: Healthy Coping
- **November 22**: A Better Attitude with Gratitude
- **November 29**: Sleep

### Tuesdays

**Diverse Identities and Mental Health**
4pm-5pm
[https://uci-hipaa.zoom.us/j/98235359920](https://uci-hipaa.zoom.us/j/98235359920)

- **LGBTQ Students**: October 5
- **Latinx Students**: October 19
- **International Students**: November 2
- **First Generation College Students**: November 16
- **AAPI Students**: November 30

### Wednesdays

**Wellness Workshop Series (Weekly)**
1pm-2pm
[https://uci-hipaa.zoom.us/s/92274574035](https://uci-hipaa.zoom.us/s/92274574035)

- **September 29**: Return to Campus
- **October 6**: Grief in the Context of Covid-19
- **October 13**: Procrastination
- **October 20**: Test Anxiety
- **October 27**: Building Self-Esteem
- **November 3**: Self-care and Gratitude
- **November 10**: Nurturing Creativity
- **November 17**: Healthy Relationships
- **November 24**: Conflict Resolution
- **December 1**: Managing Stress in All the Right Ways

### Thursdays

**Academic Boot Camp**
1pm-2pm
[https://uci-hipaa.zoom.us/j/92635504076](https://uci-hipaa.zoom.us/j/92635504076)

- **October 14**: Maintaining Motivation
- **October 21**: Reducing Avoidance
- **October 28**: Improving Time Management
- **November 4**: Maintaining Motivation
- **November 18**: Reducing Avoidance
- **December 2**: Improving Time Management

**Graduate Student Workshop Series**
3pm-4pm
[https://uci-hipaa.zoom.us/s/94544947904](https://uci-hipaa.zoom.us/s/94544947904)

**Stress Management**: September 30, October 28

**Imposter Syndrome**: October 7, November 4

**Time Management**: October 14, November 18

**Navigating Academic Relationships**: October 21, December 2

### Fridays

**One Foot Out Drop-in Group**
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 go to their website for more information.

949.824.6457
203 Student Services 1, Irvine, CA 92697-2200
Therapy Groups

**Pre-group Screening Required!**

Contact the Counseling Center to schedule a group screen today!

All therapy groups start Week 3 of Fall Quarter. All Therapy Groups will be held via Telebehavioral VideoConferencing. Therapy Groups are intended for currently enrolled UCI students who are currently located in the state of California.

Graduate Student Therapy Group
Tuesday 9:30am-11:00am
This is a process-oriented therapy group for graduate students who would like to receive/provide support, learn about self and others, share their experiences, and discuss possible ways to cope with struggles. The focus of the group will be determined by the members; possible topics may include academic distress, personal growth, relationships, and work-life balance.

Authentic Connections
Tuesday 1:00pm-2:30pm
This group is for students interested in better understanding themselves and their relationships with others. The group offers a safe environment where members can express their thoughts and feelings and provide support and feedback to one another.

Finding Peace in Family Chaos
Tuesday 3:00pm-4:30pm
This support group aims to provide a safe and nonjudgmental space for participants to increase awareness of how their family dynamics impact their relational patterns and overall functioning during COVID and beyond. Through the interactive nature of the group members may engage in discussion and exploration of diverse topics including family and cultural expectations, spirituality, academics, career goals, and romantic relationships. Giving and receiving of interpersonal feedback is also an important component of this group.

Overcoming Social Anxiety
Wednesday 3:00pm-4:30pm
This skills-focused group is designed to help students overcome anxiety in a variety of social situations including public speaking, meeting new people, initiating and maintaining conversations.

Journey to Befriending Your Body
Friday 10:00am-11:30am
This is a process-oriented therapy group for students of ALL genders and sizes who would like to work on their concerns, discomfort, and discontent about their own bodies, shapes, weight, and appearance. This group aims to help members to begin or progress their journeys to healthy relationships with their bodies through exploring relevant feelings and thoughts, receiving/providing support, and discussing ways to cope in a safe space. The focus of the group will be determined by the members; possible topics may include self-esteem, interpersonal insecurity, perfectionism, and cultural and familiar influences.