**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)**
1:00pm-2:00pm
https://uci-hipaa.zoom.us/s/97295561072
April 5: Spring Into Action! Get Motivated
April 12: Social Media and Mood
April 19: Procrastination
April 26: Connection
May 3: Healthy Coping
May 10: Zoom Fatigue and Daily Routine
May 17: Focus, Concentration, and Procrastination
May 24: Sleep
May 31: NO Workshop–Memorial Day
June 7: Connection

**Wellness Workshop Series (Weekly)**
1pm-2pm
https://uci-hipaa.zoom.us/j/92719651532
March 31st: Compassion for the Inner Critic
April 7th: Be a Warrior not a Worrier
April 14th: Healing Through Writing
April 21st: Beating Test Anxiety
April 28th: Progressive Muscle Relaxation
May 5th: Mindful Living
May 12th: Relaxing Your Mind
May 19th: Body Neutrality
May 26th: Talking to a Loved one About Mental Health
June 2nd: Beating Test Anxiety

**Tuesdays**

**Graduate Student Workshop Series**
4:00pm-5:00pm
https://uci-hipaa.zoom.us/s/92694712840
Stress Management: April 6, May 11
Imposter Syndrome: April 13, May 18
Time Management: April 20, May 25
Navigating Academic Relationships: April 27, June 1

**One Foot Out Drop-in Group**
4pm-5pm
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.

**Wednesdays**

**Mindful Self-Care (Weekly)**
4pm-5pm
https://uci-hipaa.zoom.us/j/96599386790
Mindful Breathing: April 1, April 22, May 13, June 3
Mindful Stitching: April 8, April 29, May 20
Mindful Body Movement (incorporates Zuma Movement): April 15, May 6, May 27

**Academic Boot Camp**
1pm-2pm
https://uci-hipaa.zoom.us/s/93659588226
April 15: Maintaining Motivation
April 22: Reducing Avoidance
April 29: Improving Time Management
May 13: Maintaining Motivation
May 20: Reducing Avoidance
May 27: Improving Time Management

**949.824.6457**
203 Student Services 1, Irvine, CA 92697-2200
**Pre-group Screening Required!**

All therapy groups start Week 3 of Winter 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. Call the Counseling Center to learn more!

**Authentic Connections (Mandarin Speaking Only)**  
**Monday 3:00pm-4:30pm**

This group is for students interested in better understanding themselves and their relationships with others. It offers an environment where members can express their thoughts and feelings and provide support and feedback to one another especially being in a different cultural context. This group will be provided in Mandarin and intended for Mandarin speaking students only.

**Graduate Student Therapy Group**  
**Tuesday 10:30pm-12:00pm**

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.

**Overcoming Social Anxiety**  
**Tuesday 10:30am-12:00pm**

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.

**EmPower in Words: Healing Wounds**  
**Tuesday 3:00pm-4:30pm**

This process-oriented therapy group is for students who identify as female and have experienced trauma and would like to connect with others, receive/provide support, and establish hope in their journey. A component of this group will involve writing to foster healing and empowerment.

**Authentic Connections**  
**Wednesday 1:00pm-2:30pm**

This group is for students interested in better understanding themselves and their relationships with others. It offers an environment where members can express their thoughts and feelings and provide support and feedback to one another.

**Journey to Befriending Your Body**  
**Thursday 3:00pm-4:30pm**

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 will help members to begin or progress their journeys to healthy relationships with their bodies. Topics may include self-esteem, interpersonal insecurity, perfectionism, and cultural influences.

**Finding Peace in Family Chaos**  
**Friday 10:00am-11:30am**

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. Exploration of diverse topics including family and cultural expectations, spirituality, academics, career goals, and romantic relationships.