

Group Therapy

To sign-up for a group, please use the QR Code at the end of this flyer. (V) indicates groups that are held virtually on zoom, (IP) indicates groups that are held in-person, and (H) indicates groups that are hybrid and held both on zoom and in-person.



Academic Support Group (V)

This is a support group open to *all* students looking for a space to discuss, receive support, and learn skills to manage their academic challenges. Topics can range from time management, impostor syndrome, test taking anxiety and beyond.

Tuesdays at 12:00—12:50 p.m. | Facilitator: Marcy Ryan, LMFT



Asian Student Collective (IP)

This support group is for all domestic and international students who identify as Asian, Pacific Islander, and/or Desi. This group offers a space for community building, mutual support, healing, and empowerment.

Mondays 3:00—4:00 p.m. | Facilitator: Dr. Leah Tappero



Body Wisdom (Hybrid)

Body Trust is a support and process group for all folx who are wanting a safe space to build a healthier relationship with their body and exploring ways to move towards healing and liberation. Topics in group may include processing body image struggles, systems connecting food and weight to worthiness/value, influence of diet culture, fatphobia & healthism, impact of shame and perfectionism, and ways to reclaim embodiment and rebuild trust with body/self.

Tuesdays 12:00—12:50 p.m. | Facilitator: Naomi Wu, M.A.



Chronic Medical Condition Group (Hybrid)

This group is for individuals who have been diagnosed with a chronic medical condition or illness. This group is designed to be a supportive space where individuals can connect with others living with chronic health conditions to reduce isolation, find validation and support, learn new tools and process any feelings that may come up along the way. Some of these feelings may include grief, anger, sadness, anxiety, and/or hopelessness. Individuals will be able to share their experiences and gain coping skills. The group is designed to be flexible to help support the group needs that may come up from week to week.

Thursdays 3:30—5:00 p.m. | Facilitator: Jenna Zusman, M.A.

Conscious Connecting (IP)



This group provides a safe place for students to practice new ways of connecting with others as they learn new ways to view themselves through feedback and group support. They can also address fears, problems, or patterns that can get in the way of fulfilling relationships. Through the process of connecting with other people in this format, members often find they can navigate relationships with more satisfaction, leading to more fulfillment in their lives.

Wednesdays 10:00—11:30am. | Facilitator: Dr. Jay Howell

DBT-Based Skills Forum (V)



This group helps students learn and practice skills drawn from Dialectical Behavior Therapy (DBT) including distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness skills.

Tuesdays 1:00—2:30pm or Fridays 3:00—4:30 p.m. | Facilitator: Dr. Alvarez & Ashley Wright

Entre Familia (V)



This group provides Latinx/Latine students a space to share, learn, and explore issues related to their culture, identity, family, academics, and any other issues affecting them. The group also focuses on building community, mutual support, and empowerment. *This group is conducted in English and Spanish.*

Mondays 3:30—4:30 p.m. | Facilitator: Dr. Lissa Lim

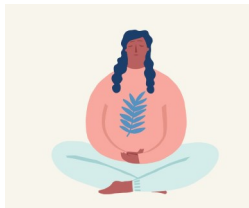
Flutter (Hybrid)



This is a support group for undocumented and mixed status students. The group creates a safe and confidential space to give and receive support around the experiences of being undocumented or mixed status.

Thursdays 12:00—1:00 p.m. | Facilitators: Dr. Lissa Lim & Mel Walker, M.A.

Gathering Compassion (V)



This group is a safe space to practice self-care and learn about the different ways compassion and mindfulness can help you cope with everyday stress. The goal of the group is to learn to manage painful emotions and life's difficulties through the daily cultivation and practice of self-compassion.

Thursdays 4:00—5:00 p.m. | Facilitator: Dr. Juan Alvarez

Get Focused (V)



This is a support group open to all students who are struggling with attention, concentration, and focus in classes and/or home life. Topics discussed are time management, monitoring distractions, and completion of tasks. Learn great tips and tricks for navigating a distracting environment.

Tuesdays at 2:00—2:50 p.m. | Dr. Sara Heinemann





Grief and Loss (IP)

This group will provide a framework for understanding grief, processing, receiving support, and most importantly to understand your own grief in context. *This group is for those who are 6+ weeks post loss.*

Thursdays 12:00 —1:00 p.m. | Facilitator: Dr. Alli Peters



Healing Hearts (IP)

This group is designed for people affected by sexual trauma, and is open to people of all genders. The group provides a safe and empowering space for students to gain support, connect with each other, and learn coping skills that can help them move toward healing.

Fridays 3:00—4:30 p.m. | Facilitators: Dr. Lissa Lim & Naomi Wu M.A.



LGBTQIA Safer Space (Hybrid)

This group provides a safe and supportive environment for persons who identify as LGBTQIA, those who might be questioning their sexual orientation or gender identity, and those who would like support as they navigate the coming out process. Come join us to meet new people, build a sense of community, and to share your experiences (both the benefits and challenges) of being LGBTQIA.

Tuesdays 12:00—1:00 p.m. | Facilitator: Dr. Jay Howell



Mindfulness for Depression (V)

This group helps students learn and use Mindfulness Based Cognitive Therapy (MBCT) skills to manage depression.

Tuesdays 3:30—5:00 p.m. | Facilitator: Dr. Ryan Stevenson & Medina Azim



Social Anxiety Toolbox (V)

This weekly workshop will help provide participants with a better understanding of social anxiety. It will also teach skills to manage it, including cognitive, behavioral, and mindful self-compassion approaches.

Thursdays at 2:00—3:00 p.m. | Facilitator: Dr. Ryan Stevenson



First Year Support Group (IP)

This group supports students as they adjust to their first year at college. Students will learn how to identify feelings, develop coping strategies to regulate emotions, build relationships, and improve sense of self. We will examine how our mental health impacts academic performance while strengthening skills to better manage stress, time, and motivation.

Wednesdays 10:00—11:00 a.m. | Facilitator: Marcy Ryan LMFT



The Relationship Group (Hybrid)

The Relationship Group is a support group for exploring difficult romantic relationships, confusing situation-ships, or break-ups. This group will offer a space to process and seek support surrounding the challenges of relationships and break-ups while in college.

Fridays 3:00—4:00 p.m. | Facilitator: Polly Merck, M.A.



Underground Cougars (IP)

Underground Cougars is the first ever support group to provide a confidential and safe space for students who identify as formerly incarcerated, justice-involved, and/or systems-impacted. This group will allow students to give and receive support around the previously mentioned identities and common college experiences.

Fridays 11:00—12:00 p.m. | Facilitator: Mel Walker, M.A.



Women of Color Connection (IP)

This support group is for cis and trans women of color students to explore, share, and learn how their multiple identities impact their personal and interpersonal experiences. Members choose topics which can include cultural identity, family, gender roles, academic stress, romantic relationships, friendships, social justice concerns, and mental health and well-being.

Fridays 1:30—2:30pm | Facilitator: Dr. Leah Tappero



Expressive Arts: Healing from Interpersonal Harm (IP)

Using expressive arts, students will explore feelings, healthy boundaries, create meaning, cultivate awareness, increase relaxation, foster social connection, stress reduction and self-care. Students will have the opportunity to learn about the complexities of interpersonal harm, such as dating violence, domestic violence, sexual harm, and identify healthy relationship patterns and coping skills. Open to all genders. To register email: advocates@csusm.edu

Tuesdays 3:00-4:00pm (Jan 30th—April 30th) | Facilitator: Gricelda Alva Brito

To sign-up for a group, please use the QR Code below to sign-up online, or call SHCS at (760) 750-4915.

