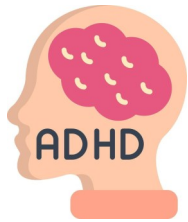


Group Therapy

Groups are open to all eligible students. (V) is a virtual group, (IP) is an in-person group, (H) is a hybrid group.



ADHD Bootcamp: Sustaining Focus (IP)

This group is meant for students who have a pattern of starting off strong and then struggling to maintain the momentum, students who know exactly what they need to do but still struggle to get themselves to do it. In this ADHD Bootcamp, students will have the opportunity to practice accountability, gain personalized tools that leverage their strengths, and be in community.

Tuesdays 1:30—3:00 p.m. | Facilitator: Dr. Claudia Miranda



Body and Soul Integrated Wellness (IP)

This is a supportive, skills-based group designed to help students cultivate balance, resilience, and self-awareness by addressing physical, mental, emotional and spiritual wellbeing together. The group offers a holistic approach to wellness and recognizes the powerful connection between body, mind, and inner values. Through guided discussions, experiential activities, and practical tools, participants will explore a variety of topics to develop sustainable wellness practices.

Mondays 11:00—12:00 p.m. | Facilitator: Dr. Jay Howell



Conscious Connecting (IP)

This group provides a safe place for students to understand themselves in the context of their relationships, whether this be familial, romantic, friendships, or other self-described relationships. It's an opportunity to explore patterns and behaviors that arise in these relationships while receiving support and feedback from others.

Tuesdays 2:30—4:00 p.m. | 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 3:00 — 4:30 p.m. | Facilitator: Dr. Juan Alvarez

Entre Familia (V)



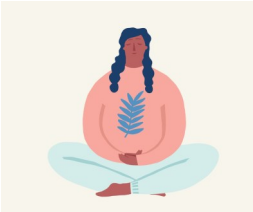
This group provides Latinx/Latine students a space to share, learn, and explore issues related to their culture, identity, family, academics, and other issues affecting them. The group also focuses on building community, mutual support, and empowerment.

This group is conducted in English and Spanish.

Mondays 1:00 — 2:00 p.m. | Facilitators: Dra. Lissa Lim & Daniela Navarro

Verdugo, M.A.

Gathering Compassion (V)



This group is a safe space to practice self-care and learn about the 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. | Facilitators: Dr. Juan Alvarez & Ali Balucanag, M.A.

Grief and Loss (IP)



This group will provide a framework for understanding grief, processing loss, 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. | Facilitators: Marcy Ryan, LMFT & Adia Fadaei, B.A.

Healing Hearts (IP)



This group is 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 & Izán Corso, MA

Healing thru Art from Interpersonal Harm (IP)



The group is for student survivors of relationship abuse, sexual trauma, harassment, stalking, etc. Students will explore the impacts of trauma, create meaning and cultivate awareness thru a variety of creative art practices. Each session will begin with a check-in and end with a strength, mantra, or mindful somatic movement. The group format will include brief psychoeducation of trauma and art practices. Open to all genders. To register email to schedule a brief 15min phone or zoom screening: advocates@csusm.edu.

Time/Date: TBD | Facilitator: Campus Advocate, Gricelda Alva Brito, SEP & TRLC

LGBTQIA+ Safer Space (IP)



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.

Wednesdays 2:00—3:00 p.m. | Facilitators: Dr. Jay Howell & Junye Ma M.A./M.S.



Mindfulness for Depression (Hybrid)

This group helps students learn and use Mindfulness Based Cognitive Therapy (MBCT) skills to manage depression, stress, and burn-out.

Tuesdays 3:30 — 5:00 p.m. | Facilitators: Dr. Ryan Stevenson & Ellie Nisbet, M.A.



Women of Color Connection (In-person)

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 3:30—4:45 p.m. | Facilitator: Dr. Leah Tappero

To join a therapy group or attend a drop-in group, please use the QR Code, sign-up on our website, or call us at (760) 750-4915. Once you sign-up the facilitator will contact you to confirm your registration.



STUDENT HEALTH & COUNSELING SERVICES (SHCS)

Drop-in Groups



Flutter (V)

This is a drop-in group for immigration impacted students. The group creates a safe and confidential space to discuss resources, build community, and give and receive support for immigration related experiences. Join anytime!

Contact facilitator for day/time | Facilitators: Dr. Lissa Lim & Daniela Navarro

Verdugo, M.A.



Self-Management and Recovery Training (SMART; V)

SMART Recovery is a secular, evidence-based recovery program that helps people overcome addictive behaviors and lead a balanced life. Currently this drop-in group is for CSUSM students only.

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



Social Anxiety Toolbox (Hybrid)

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



Worry Well: A Drop-In Group for Managing Anxiety (V)

A supportive space to build practical tools for navigating anxiety and stress. Participants will learn emotion regulation strategies, calming techniques, mindfulness practices, and ways to improve self-care. Information and helpful resources will be provided to better understand and manage anxiety symptoms.

Tuesdays 2:00 — 3:00 p.m. | Facilitator: Marcy Ryan, LMFT

To join a therapy group or attend a drop-in group, please use the QR Code, sign-up on our website, or call us at (760) 750-4915. Once you sign-up the facilitator will contact you to confirm your registration.

