Group Therapy

ACT for Depression and Anxiety
This group is devoted to helping students encounter depression and anxiety differently and pursue a full and meaningful life. Using skills learned, students will relate differently to painful experiences, the worrying mind, and self-defeating behaviors.

Tuesdays 10:30 a.m. — 12:00 p.m.
Contact: Dr. Jay Robertson-Howell at jrobertson@csusm.edu

Conscious Connecting *
This group provides students the opportunity to learn and practice new skills for interacting with others and develop more self-confidence and happier relationships. It provides an experience where they can learn to interact in positive and healing ways, and help them let go of old relationship habits.

Wednesdays 3:30 p.m. — 5:00 p.m.
Contact: Dr. Robertson-Howell at jrobertson@csusm.edu or Harriet Stares at hstares@csusm.edu

Creating Emotional Balance*
Breath and Meditation Practices to Balance Body and Mind. An open, drop-in group where students can meet weekly to learn to access the benefits of deep breathing, meditation, and holistic lifestyle tools to create emotional balance. Accessible to diverse ability and experience levels. Brief screening available for students who are not current clients.

Tuesdays 3:00 p.m. — 4:45 p.m.
Contact: Kristina Mendez at kmendez@csusm.edu

Dating/Domestic Violence Support Group*
This is a confidential support group for students of all genders who are seeking connection, community, support and understanding in their unique healing journeys connected to dating or domestic violence. This includes any type of intimate partner harm experienced and can be past or present abuse.

Group meeting details will be shared at that time.
Contact: Christa Wencel at cwencl@csusm.edu or (760) 750-4912

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

Thursdays 12:00 p.m. — 1:00 p.m.
Contact: Dr. Juan Alvarez at jalvarez@csusm.edu

Groups with asterisk (*) require a group screening.
Grief and Loss*

In collaboration with The Elizabeth Hospice agency, this group will provide a framework for understanding grief, processing, and most importantly to understand your own grief in context.

**Thursdays 12:00 p.m. — 12:50 p.m.**

Contact: Allie Laurie Jr at alaurie@csusm.edu

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Entre Familia

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

**Mondays 3:00 p.m. — 4:30 p.m.**

Contact: Dr. Lissa Lim at llim@csusm.edu or Kristina Mendez at kmendez@csusm.edu

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FLUTTER*

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 2:00—3:30 p.m.**

Contact Dr. Lissa Lim at llim@csusm.edu

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Gathering Compassion

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 p.m. — 5:00 p.m.**

Contact: Dr. Juan Alvarez at jalvarez@csusm.edu or Allie Laurie Jr at alaurie@csusm.edu

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Graduate Student Process Group*

This group aims to provide mental health support for students enrolled in graduate-level programs. With a focus on increasing awareness to and challenging maladaptive relational patterns, this group intends to foster a warm and supportive environment for graduate students to navigate challenges within and beyond graduate school.

**Wednesdays 10:00—11:30 a.m.**

Contact: Harriet Stares at hstares@csusm.edu

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Grief and Loss*

In collaboration with The Elizabeth Hospice agency, this group will provide a framework for understanding grief, processing, and most importantly to understand your own grief in context.

**Thursdays 12:00 p.m. — 12:50 p.m.**

Contact: Allie Laurie Jr at alaurie@csusm.edu

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**Healing Hearts***

This group is designed for people affected by sexual trauma, and is open to people of all genders and cultural backgrounds. 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 p.m. — 4:30 p.m.**

Contact: Dr. Lissa Lim at lim@csusm.edu or Kristina Mendez at kmendez@csusm.edu

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**LGBTQIA Safe Space***

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.

**Thursdays 12:00 p.m.—12:50 p.m.**

Contact: Dr. Jay Robertson-Howell at jrobertson@csusm.edu

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**Mindfulness for Depression**

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

**Wednesdays 3:00—4:30 p.m., On March 4th — April 29th 2020**

Contact: Dr. Ryan Stevenson at rstevenson@csusm.edu

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**Sexual Assault Support Group***

This is a confidential support group for students of all genders who are seeking connection, community, support and understanding in their unique and shared journeys of healing connected to sexual assault. This group is led by its members and focuses on whatever topics feel important to students present at each group. Students with past and current experiences of sexual assault are welcome.

**Group meeting details will be shared at that time.**

Contact: Christa Wencel at cwencel@csusm.edu or 760-750-4912.

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**Spirit Child Group***

This group is for students who grew up with addiction in their families. Members will increase understanding of the impact of addiction in their lives, examine the thoughts and behaviors shared by many adult children of addiction, and gain insight and strategies for overcoming childhood trauma associated with childhood familial addiction.

**Starts Jan 23rd, Thursdays 12:00 p.m. — 1:00 p.m.**

Contact: Dr. Tami Savage at tsavage@csusm.edu or Harriet Stares at hstares@csusm.edu
Parent Support Group

In this group, members will both offer and receive support to/from other student-parents, as well as trade parenting tricks, secrets, strategies, and psycho-education regarding healthy, positive parenting. This group combines ongoing support with education and practical parenting advice for students.

TBD

Contact: Dr. Tami Savage at tsavage@csusm.edu

Transformation Circle

Transformation circle offers space for Black students to explore issues related to themes such as culture, family, history, identity, academics, career, well-being, happiness and more.

Wednesdays 10:00—11:00 a.m.

Contact: Allie Laurie at alaurie@csusm.edu

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