

Group Therapy

To sign-up please use the QR Code below. Groups with a (V) are held virtually on zoom, groups with an (IP) are held in-person at SHCS, and groups with an (H) are hybrid and held both on zoom and in-person.



Academic Support Group (Virtual)

This is a support group open to *all* students seeking a space to discuss, receive support, and learn skills to manage the intersection of mental health and academic performance. Our topics can include motivation, impostor syndrome, test taking anxiety, procrastination, study planning, and beyond. Feel free to drop in weekly as needed.

Thursdays at 12:00—1:00 p.m. | Facilitator: Marcy Ryan, LMFT



Conscious Connecting (In-Person)

This group provides a safe place for students to practice 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 others in this format, members often find they can navigate relationships with more satisfaction, leading to more fulfillment in their lives.

Wednesdays 9:00—10:30 a.m. | Facilitator: Dr. Jay Howell



DBT-Based Skills Forum (Virtual)

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

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



Entre Familia (Virtual)

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 1:00—2:00 p.m. | Facilitator: Dr. Lissa Lim

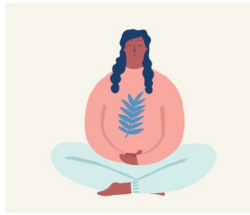


Flutter (Hybrid)

This is a support group for immigrant students and students who are children of immigrants. The group creates a safe and confidential space to give and receive support around the experiences of being connected to immigrant communities.

Contact facilitator for time & location | Facilitators: Dr. Lissa Lim





Gathering Compassion (Virtual)

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 (Virtual)

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.

Fridays at 2:00—3:00 p.m. | Facilitator: Dr. Sara Heinemann



Grief and Loss (In-Person)

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. | Facilitators: Dr. Alli Peters & Emma Kennan, M.A.



Healing Hearts (In-Person)

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. | Facilitator: Dr. Lissa Lim



Healing thru Art From Interpersonal Harm (In-Person)

Students will explore the impacts of trauma, tap into their inner strength, enjoy social connection, create meaning and cultivate awareness. Each session will begin with a check-in and end with a strength, mantra or mindful movement. The group format will include brief psychoeducation of trauma and art practices. To register email to schedule a brief 15min phone or zoom screening: advocates@csusm.edu

TBD | Facilitator: Gricelda Alva Brito



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. | Facilitators: Dr. Jay Howell & Zach Grounds, M.S.C.P.



Mind Body Connection (Virtual)

This group is for students who want to develop skills and process the connection between their mental and physical wellness. Topics include sleep hygiene, intuitive eating, intentional movement and exercise, meditation and mindfulness, pain and the mind, immunity and stress, and trauma in the body.

Fridays 2:00—3:00 p.m. | Facilitator: Karolyne Stucki, M.A.



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 & Patrick Enrico, M.A.



Navigating the Storms: Emotion Regulation (In-Person)

This group is available for students seeking to understand what, why, and how we feel strong emotions. Whether it feels like our emotions “control” us or are overwhelming, this group will help identify emotions, how to listen to them, and how to address “storms” of emotions in a healthy way. We will use emotion-focused therapy methods to listen to the messages our emotions give us, validate them, and navigate them.

Wednesdays 3:00—4:00 p.m. | Facilitators: Zach Grounds, M.S.C.P



Opportunity Givers (OG) Group (In-Person)

Opportunity Givers 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.

Mondays 11:00—12:00 p.m. | Facilitator: Dr. Mel Walker



Relationship Support Group (Hybrid)

The Relationship Support Group provides a space for students to process current and/or past romantic relationships. This group is a safe space for all gender, gender-nonconforming, and sexual orientation identities.

Wednesdays 3:30—5:00 p.m. | Facilitator: Patrick Enrico, M.A.



Social Anxiety Toolbox (Virtual)

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

Tangled Hearts: Sex & Intimacy (In-Person)



This group provides a safe space to discuss sex, intimacy, and attachment dynamics. The purpose of the group is to discuss topics that may feel taboo by breaking down stigma and shame related to sex. Through the process of connecting with others, the group aims to create empowerment, safe intimacy, mutual support, and fulfillment. Sample topics include communicating sexual desires with partners, discussing what sexual intimacy looks like with the self, body dysmorphia, and shame related to sex.

Wednesdays 2:00—3:00 p.m. | Facilitator: Emma Keenan, M.A.

Women of Color Connection (Hybrid)



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 2:00—3:00pm | Facilitator: Dr. Leah Tappero

Coping with Current Events (In-Person)



Coping with Current Events is a drop-in group that provides a safe space to navigate the emotional impact of today's world. With constant news of political unrest, social challenges, and global crises, feeling overwhelmed is normal. In this group, you'll have the chance to share your feelings, gain perspective, and learn practical strategies to manage stress, fear, and uncertainty. Each session encourages open discussion, helping you stay grounded while processing current events. Drop in whenever you need support—no commitment required.

Wednesdays 11:00—12:00 p.m. | Facilitator: Counseling Staff

To sign-up for a group, please use the QR Code below, sign-up on our website (www.csusm.edu/counseling/services/signup.html), or call SHCS at (760) 750-4915.

