Ask one of our counselors how to join so you, too, can effectively work on mental health and personal concerns in a nurturing, nonjudgmental space.

Some of the many benefits include:

- Share similar concerns with others
- Encourage, support and comfort one another
- Learn more about yourself through authentic interpersonal interactions
- Gain information and education on different mental health conditions
- Practice expressing and managing difficult emotions.

During this period of social distancing, all UCC services, including group, will be meeting through a HIPAA compliant telehealth platform (Zoom.)

University Counseling Center
University of Utah
330 Student Services Bldg
801-581-6826
Counselingcenter.utah.edu
Thursday

Merging Paths of Wellness
11-12:30 Karen Cone-Uemura, Mun Yuk Chin
Incorporating mindfulness and authenticity, members share support, strategies & information on diverse chronic mental health diagnoses they live with.

Striving and Thriving in Graduate School
(Femme/Women identified)
10-11:30 Frances Harris, Elyssa Klann
Women working on advanced degrees from a variety of disciplines share research, writing strategies, goals setting, social and emotional support.

Sharing and Caring Bereavement Support Group
4-5 Karen Cone-Uemura
Connect with others who get what it means to lose a loved one. Register online or contact facilitator directly to sign up: kcone-uemura@sa.utah.edu.

CESA & UCC Group

Stress Support Meeting
Held in conjunction with The Center for Ethnic Student Affairs (CESA)
Wed 11-12 and Fri 1-2:30
Karen Cone-Uemura, Paul Fisk, Chelsea Manzanares
In conjunction with CESA (Center for Ethnic Student Affairs) we have a twice-weekly get together geared to connect and support students of color. Members discuss the impact of microaggressions, marginalization and other culturally related issues while engaging in fun activities. If interested you can either register below or contact either Paul Fisk (paul.fisk@utah.edu, 801-581-8151) or Karen Cone-Uemura (kcone-uemura@sa.utah.edu, 801-581-6826).

Friday

Beyond Binaries Support Group
12-1 Jack D. Haden
A compassionate space for trans, gender non-conforming, nonbinary, and genderqueer folx to safely explore identity and create a supportive community. For more information, fill out an online request or contact facilitator directly: jhaden@sa.utah.edu.

Sharing and Caring Bereavement Support Group
4-5 Karen Cone-Uemura
Connect with others who get what it means to lose a loved one. Register online or contact facilitator directly to sign up: kcone-uemura@sa.utah.edu.