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

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**Monday**

**Connecting With Self and Others**
2-3:30 Jake Van Epps, Keri Frantell
Explore concerns, clarify values and consider cultural factors in maximizing well-being by deepening interpersonal connection.

**Tuesday**

**Faith + Doubt**
10-11:30 Susan Chamberlain, Mun Yuk Chin
Share and connect with others around issues of faith/non-faith. Register online or contact facilitator directly to sign up: schamberlain@sa.utah.edu

**Growth Through Connection**
3-4:30 Karen Cone-Uemura, Elyssa Klann
Using mindfulness and attention to interpersonal dynamics, members foster personal growth and more authentic, satisfying relationships.

**Cultivating Compassion**
2-3:30 Claudia Reyes, Hannah Muetzelfeld
A space to learn about and practice mindful self-compassion with others.

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**Wednesday**

**Men’s Self-Compassion Group**
10-11:30 Alex White
Men jointly explore masculinity & vulnerability through mindfulness & compassion instead of self-criticism, guilt, and shame.

**If You’re Lonely, This Group is For You**
1:30-3 Josh Newbury, Keri Frantell
This group focuses on feelings & value-based action as a means to cultivate more connections in our lives.

**Women’s Self-Compassion Group**
2-3:30 Gretchen Anstadt
Nurture your self-compassion through mindfulness, self-exploration, & fostering community with other femme/woman-identified individuals.

**Surviving and Succeeding in Graduate School (All-Gender)**
3-4:30 Frances Harris, Hannah Muetzelfeld
Participants working on advanced degrees from various disciplines share strategies on research, writing, goals setting, social and emotional support.

~ See back for more ~
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** *(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.

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. Contact facilitator directly to sign up: jhaden@sa.utah.edu.

**Loss and Transformation Grief Support Group**
4-5 Karen Cone-Uemura
COVID has presented all of us with some type of loss. This group provides space to jointly navigate our journeys and discover post-traumatic growth that can emerge from compassionate, supportive sharing. Register online or contact facilitator directly to sign up: kcone-uemura@sa.utah.edu.

**Off-site Groups**
To increase access and promote inclusion, the UCC offers free groups in locations around campus.

**Stress Support Group**
Held in conjunction with The Center for Ethnic Student Affairs (CESA)
Wed 11-12 and Fri 12-1:30
Karen Cone-Uemura, Paul Fisk
A space where people of color can discuss the impact of microaggressions, marginalization and other culturally related issues while engaging in fun activities.