

## Summer 2020

### UCC GROUPS

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](http://Counselingcenter.utah.edu)

## 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](mailto: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

1-2:30 Claudia Reyes,  
Hannah Muetzelfeld

A space to learn about and practice mindful self-compassion with others.

## 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 (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.

## 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](mailto: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: [kccone-uemura@sa.utah.edu](mailto:kccone-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](mailto:paul.fisk@utah.edu), 801-581-8151) or Karen Cone-Uemura ([kccone-uemura@sa.utah.edu](mailto:kccone-uemura@sa.utah.edu), 801-581-6826).