

Fall 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 groups will be meeting through Zoom.

Support groups are FREE. It's not necessary to be a UCC client.

University Counseling Center

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

Monday

The Space Between Us

10-11:30 Alexis Arczynski,
George Valdez

Cultivate more satisfying relationships by paying attention to relational patterns and cultural context.

Building a Community of Women in STEM Support Group (free)

4-5 Kamala Ganesh

A space where women & femme-identifying undergraduate and graduate students in STEM fields can connect. Register online or contact facilitator directly to sign up: kganesh@sa.utah.edu.

Graduate Students Self-Compassion Group

1:30-3 Danielle Fetty-Lovell

Foster self-compassion and meaningful connection with other graduate students experiencing imposterism or a lack of belonging in their program/broader campus community.

Connecting With Self and Others

2-3:30 Jake Van Epps, Michelle Peets

Explore concerns, clarify values and consider cultural factors in maximizing well-being by deepening interpersonal connection.

Embody

3-4:30 Susan Chamberlain

A closed group for women & femmes seeking to empower ourselves and heal our relationship to our bodies.

Tuesday

Growth Through Connection

3-4:30 Karen Cone-Uemura,
Sheilagh Fox

Using mindfulness and attention to interpersonal dynamics, members foster personal growth and more authentic, satisfying relationships.

Faith + Doubt

Support Group (free)

3-4:30 Susan Chamberlain

Share and connect with others around issues of faith/non-faith. Register online or contact facilitator directly to sign up: schamberlain@sa.utah.edu

Wednesday

Reclaiming Our Voices

2-3:30 Christina Kelly LeCluyse, Amy Johnson

This is a 9-wk closed group for female-identified people who are survivors of interpersonal violence.

Women's Self-Compassion Group

2-3:30 Gretchen Anstadt, Liz McCooney

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, Michael Azarani

Participants from various disciplines provide social and emotional support for achievement of personal and academic goals.

~ See back for more ~

Thursday

Striving and Thriving in Graduate School (Femme/Women identified)

10-11:30 Frances Harris, CJ Park

Participants from various disciplines provide social and emotional support for achievement of personal and academic goals.

Skills Group

12-1:30 Steve Lucero, Molly Cord

Learn and practice coping skills to adaptively manage emotional reactions to life stressors. Members must also be in individual therapy.

If You're Lonely, This Group is For You

3-4:30 Josh Newbury

This group focuses on feelings & value-based action as a means to cultivate more connections in our lives.

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.

Merging Paths of Wellness

11-12:30 Karen Cone-Uemura, Luke Huckaby

Incorporating mindfulness and authenticity, members share support, strategies & information on diverse chronic mental health diagnoses they live with.

Don't Panic!

2-3:30 Kamala Ganesh, Brandon Campbell

9-week closed skills-building group for people who experience panic attacks. Group uses mindfulness-based exposure activities. Start date is Oct 1, 2020.

Friday

Loss and Transformation Grief Support Group (free)

4-5 Karen Cone-Uemura

COVID has presented all of us with some type of loss.

Through compassionate, supportive sharing members can discover post-traumatic growth that can emerge from the grief journey. Register online or contact facilitator directly to sign up: kccone-uemura@sa.utah.edu.

Beyond Binaries Support Group (free)

12-1 Jack D. Haden

A compassionate space for trans, gender non-conforming, nonbinary, and gender-queer folx to safely explore identity and create a supportive community. Contact facilitator directly to sign up: jhaden@sa.utah.edu.

Off-site Groups

To increase access and promote inclusion, the UCC offers free groups in locations around campus.

Building Resilience Support Group (free)

Held in conjunction with The Center for Ethnic Student Affairs (CESA)

Friday 1-2:30

Karen Cone-Uemura, Paul Fisk, Chelsea Estrella Manzanares

A space for BIPOC to share oral histories, cultural practices, passions, foods, interests and art as we explore healing through community.

Finding Our Voice: Women of Color Support Group (free)

Held in conjunction with The Women's Resource Center Monday 5:30 – 7:00 Claudia Reyes, Andrea Juarez

This group provides space for women of color to connect, sharing our struggles, strengths and ways of coping while honoring our unique individual backgrounds.