UCC SPRING 2021 GROUPS

Therapy Groups

Monday:

**Graduate Student Self-Compassion Group** 1:30-3pm, Danielle Fetty-Lovell & Michael Azarani

Foster self-compassion & meaningful connection with other graduate students experiencing imposterism or lack of belonging.

**Loneliness and Connection** 2-3:30pm, Josh Newbury & George Valdez

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

**Embody** 3-4:30pm, Susan Chamberlain

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

Tuesday:

**The Space Between Us** 10-11:30am, Alexis Arczynski & Liz McCooey

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

**Growth Through Connection** 3-4:20pm, Karen Cone-Uemura & CJ Park

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

Wednesday:

**BIPOC Self-Compassion Group** 1-2:30pm, Natalie Wilson & Sonia Johnson

A space to explore & nurture self-compassion and develop community with other Black, Indigenous, People of Color.

**Reclaiming our Voices** 2-3:30pm, Christina Kelly LeCluyse & Michelle Peets

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

**Women’s Self-Compassion** 2-3:30pm, Gretchen Anstadt & Amy Johnson

Nurture your self-compassion through mindfulness, self-exploration, & fostering community with other women & femmes.

**Surviving and Succeeding in Grad School (All gender)** 3-4:30pm, Frances Harris & Luke Huckaby

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

Thursday:

**Striving and Thriving in Grad School (Women/Femme)** 10-11:30am, Frances Harris & Sheilagh Fox

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

**Men’s Self-Compassion** 10-11:30am, Alexis Arczynski

Men jointly explore masculinity & vulnerability through mindfulness & compassion instead of self-criticism, guilt, & shame.

**Merging Paths of Wellness** 11-12:30pm, Karen Cone-Uemura

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

Monday:

**Building a Community of Women in STEM** 4-5pm, Kamala Ganesh

A space where women and femmes in fields of Science, Technology, Engineering, and Mathematics can connect to process their experiences as women in STEM. Register online or contact facilitator to sign up: kganesh@sa.utah.edu

**Tuesday:**

**Faith + Doubt** 3-4:30pm, Susan Chamberlain

For students, staff, and faculty questioning issues related to religion and faith. This group explores the impact of spiritual doubt on community, identity, and beliefs. Register online or contact facilitator to sign up: schamberlain@sa.utah.edu

Friday:

**Loss and Transformation** 4-5pm, Karen Cone-Uemura

Grief support for any type of loss. This group is a blend of talk and various activities including mindfulness, art, & storytelling to validate loss while promoting post traumatic growth. Register online or contact facilitator to sign up: kcone-uemura@sa.utah.edu

**Beyond Binaries** 12-1pm, Jack Haden

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

OFF SITE OFFERINGS:

**Building Resilience Support Group w/ CESA** Tuesday, 5:30-7pm or Friday, 12-1:30pm

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 w/ WRC** Monday, 5:30-7pm, Claudia Reyes & Andrea Juarez

Provides a space for WOC to connect, sharing our struggles, strengths, and ways of coping while honoring our unique individual backgrounds.

Skills Groups

**Thursday:**

**Skills Group** 11:30-1pm, Steve Lucero & Brandon Campbell

Learn and practice coping skills for both short- term crisis and long-term growth, using practical strategies to improve well-being and relationships. Members must be in individual counseling.

**Don’t Panic!** 2-3:30pm, Kamala Ganesh

A psychoeducational and skills group for those suffering from panic attacks. Clients will learn about anxiety and panic and learn to change anxious thinking and face their fears.

**International Student Success Workshop** 4:30-5:30pm, Sui Zhang & CJ Park

This 4 week workshop starting on 2/3/21 is designed to help international students gain more skill to boost their wellbeing. It focuses on academic success, COVID anxiety and stress management, cultural difference and adjustment, and self-care & mental health.