

# UCC FALL 2021 GROUPS

---

## Therapy Groups

### Monday:

#### **Graduate Student Self- Compassion Group** 1:30-3pm, *Erin Drum*

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

#### **Loneliness and Connection** 3-4:30pm, *Josh Newbury & Danielle Nives*

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

#### **Embody** 3-4:30pm, *Susan Chamberlain & Fabiola Madrigal*

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, *Gretchen Anstadt & Sakina Ali*

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

#### **Growth Through Connection** 3-4:30pm, *Karen Cone- Uemura & Sarah VanMattson*

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

### Wednesday:

#### **Reclaiming our Voices** 2-3:30pm, *Christina Kelly LeCluyse & Jessica Clawson*

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 & Nicole Puertas*

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 & Christina Cendejas*

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

### Thursday:

#### **Men's Self- Compassion** 10-11:30am, *Josh Newbury*

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

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

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

#### **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 & Skills Groups

## 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](mailto: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](mailto:schamberlain@sa.utah.edu)

### Thursday:

**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: [kccone-uemura@sa.utah.edu](mailto:kccone-uemura@sa.utah.edu)

**Chai & Chat** 4-5pm, *Sui Zhang*  
A support group to provide a safe space for international students to share their experiences and discuss difficulty, challenges and amusement. We can talk about cultural difference, the effects of COVID-19, homesickness, relationships, adjustment to the U and Utah. This is only offered to international students and can be registered for online or by contacting [szhang@sa.utah.edu](mailto:szhang@sa.utah.edu).

### Friday:

**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](mailto:jhaden@sa.utah.edu)

### OFF SITE OFFERINGS:

**Building Resilience Support Group w/ CESA** Thursday, 1-2:30pm, *Natalie Wilson*

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*

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, *Luana Nan & Laurie Miller*

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 & Nikki Smith*

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.