Therapy Groups

**Monday:**

**Graduate Student Self-Compassion Group** 1:30-3pm, Danielle Fetty, Lovell & Betsy Varner
Foster self-compassion & meaningful connection with other graduate students experiencing imposterism or lack of belonging.

**Loneliness and Connection** 3-4:30pm, Josh Newbury & Fabiola Madrigal
Explore concerns, clarify values & consider cultural factors in maximizing well-being by deepening interpersonal connection.

**Embody** 3-4:30pm, Susan Chamberlain & Dani Nives
A closed group for women & femmes seeking to empower ourselves and heal our relationship to our bodies.

**Wednesday:**

**Reclaiming our Voices** 2-3:30pm, Christine Kelly LeCluyse & Nicole Puertas
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 & Jessica Clawson
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, Jiabao Gao & Sakina Ali
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, Cierra Collum & Sarah VanMattson
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

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

**Loss and Transformation** 6-7pm, Karen Cone-Uemura & Amanda Shin

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

Thursday:

**Beyond Binaries** 1-2:30pm, Jack Haden

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

OFF SITE OFFERINGS:

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

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

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

Skills Groups

**Skills Group** 11:30-1pm, Luana Nan

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 & Laurie Miller

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.