

# FALL 2018 GROUP COUNSELING



## Mindfulness for Wellness

Tuesdays 3 to 4:20 p.m.  
Sept 18 – Oct 23, 2018

Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgmentally. Learning to be mindful of our thoughts, feelings, and physical sensations, combined with cognitive interventions such as making changes to ineffective patterns of thinking, are useful tools for managing distress in daily life. Group members will learn mindfulness practices designed to calm the mind and relax the body.



## Mindful Relationships: Creating Healthier Connections

Tuesdays 1:30 to 2:45 p.m.  
Oct 2 – Nov 6, 2018

Whether you are struggling with a specific relationship or desire a relationship with parents, significant others, friends, co-workers, or roommates, this six-week group offers a safe and confidential space to discuss your concerns. The goal of this supportive group environment is to assist you with developing better communication skills, improve awareness, and find satisfaction in healthy relationships.



## Anxiety Support Group

Wednesdays 2:30 to 4 p.m.  
Sept 26 – Nov 7, 2018

Stressed about grades, money, your relationships and/or the future in general? Feeling nervous and panicky more than you would like? Learn how to help yourself cope with stress, panic attacks and anxiety. Come practice skills that you can use to optimize your success.



## Working Through Grief and Loss

Mondays 1:30 to 2:45 p.m.  
Oct 15 – Nov 26, 2018

Coping with the loss of a loved one can feel overwhelming and isolating. However, you are not alone on this journey. Sharing your own experience with others suffering from a similar loss may provide a special type of understanding and interpersonal connection. While we understand that you may feel like you can never return to the way you were, this six-week group can assist in your healing as you discover your new normal.

*Additional groups based on interest, sign up today at [www.csuci.edu/caps](http://www.csuci.edu/caps)*



## Rainbow Café Support Group

The Rainbow Café is a support group for those who identify as lesbian, gay, bisexual, asexual, pansexual, transgender, intersex, queer, gender queer, and questioning. Come and experience a unique environment where individuals can connect with one another and explore challenges, celebrate successes, and build community.



## Latinx Support Group

What does it mean to be a Latinx student at CI? College life can be exciting, difficult and scary all at the same time. Juggling real life issues while staying school-focused can feel overwhelming! Let's talk about family, aspirations, relationships, and daily challenges in a nurturing and encouraging environment.



## Healing After Sexual Assault

Healing doesn't have to happen on your own. Find comfort in this supportive and safe environment for women who have experienced sexual assault. Participants will have the opportunity to connect with others, share experiences, and receive support in regaining a greater sense of control and empowerment in their lives. The group will explore common reactions to assault and the ways in which it can impact one's life; as well as develop skills for improved coping, and working through common challenges in the healing process.



## Transforming the Self: A Therapeutic Support Group for Students of African Heritage

In a confidential setting, explore how you relate to yourself and others. Gain a greater perspective for your overall well-being and learn self-acceptance while recognizing the strength that lies within. Topics: discovering the self, accepting the self, nurturing the self, and transformation.

# COUNSELING & PSYCHOLOGICAL SERVICES

For more information, please contact us at [caps@csuci.edu](mailto:caps@csuci.edu), call 805-437-2088 or visit our website at: [www.csuci.edu/caps](http://www.csuci.edu/caps).

The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations and Support Services at [accommodations@csuci.edu](mailto:accommodations@csuci.edu) or call 805-437-3331 as soon as possible, but no later than seven (7) business days prior to the event.

