



# Counseling and Psychological Services

## GROUP COUNSELING

### **Being Present in Your Life: Mindfulness for Wellness - Kirsten Olson, Ph.D.**

Tuesdays | 2/21/17 - 4/18/17 | 3:00 - 4:20 p.m.

Mindfulness means paying attention in a particular way: purposefully, in the present and non-judgmentally. Mindfulness of thoughts, feelings and physical sensations, combined with cognitive interventions such as making changes to ineffective patterns of thinking, are useful tools for managing distress. Learn mindfulness practices designed to calm the mind and relax the body.

### **Veterans and Military Students Support Group - Kirsten Olson, Ph.D.**

Thursdays | 2/23/17 - 4/20/17 | 3:00 - 4:00 p.m.

This group is intended to provide CI student veterans and active military status/reservist/guard members with a safe environment to receive strength and encouragement in their efforts to cope and adjust to challenges unique to military life. This group is an opportunity for students to experience personal growth, provide and receive support to successfully navigate stress and ultimately achieve their educational goals.

### **Mindful Relationships: Creating Healthier Connections - Stacy Udolph, LCSW**

Thursdays | 2/23/17 - 4/06/17 | 1:30 - 2:45 p.m.

Whether you're struggling with a specific relationship or desire for 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 your relationships.

### **!Un paso hacia el éxito! Support for Latino/a Students - Norma Lopez Magaña, LCSW**

Mondays | 2/27/17 - 4/24/17 | 1:30 - 2:45 p.m.

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

### **Anxiety Support Group - Norma Lopez Magaña, LCSW**

Mondays | 02/27/2017 - 04/10/2017 | 3:30 - 4:30 p.m.

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

### **Just Saying: A Therapeutic Support Group for Students of African Heritage - Angela Timmons, LCSW**

Tuesdays | 02/28/17-04/11/17 | 9:00 - 10:30 a.m.

Confidential, communal conversations about school, work, family and relationships. This is a space to speak your mind, receive validation and gain strength. Come to a place where you can converse and keep it real!

### **Healing After Sexual Assault - Gina Albani, Psy.D.**

Tuesdays | 3/7/17 - 5/02/17 | 3:00 - 4:20 p.m.

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 focus on exploring common reactions to assault and the ways in which it can impact one's life, developing skills for improved coping and working through common challenges in the healing process.

### **Working Through Grief and Loss - Stacy Udolph, LCSW**

Tuesdays | 3/28/17 - 5/02/17 | 1:30 - 2:45 p.m.

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 6 week group can assist in your healing as you discover your new "normal."

### **Rainbow Café - Support Group - Gina Albani, Psy.D.**

Thursdays | 3/30/17 - 5/04/17 | 3:00 - 4:20 p.m.

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.

For more information on group counseling, please contact Angela Timmons, LCSW, at 805-437-2088 or [angela.timmons@csuci.edu](mailto:angela.timmons@csuci.edu).

**Join a group today!**  
**Submit your online interest form:**  
**[www.csuci.edu/caps/group-counseling](http://www.csuci.edu/caps/group-counseling)**