Spring 2023
Groups & Workshops

University of Redlands
Counseling Center

Forging Inner Strength
This group is designed to help students explore and better understand their self-concept. Through exploration of yourself in community with others, you will be better able to shine light on those aspects of yourself that are foundational strengths, as well as those that need more development. Students can expect that this group will help them develop better self-esteem, inner strength, resilience, and fortitude. Jesus Rodriguez is the lead facilitator. If interested contact counseling_center@redlands.edu
Mondays, TBD

BIPOC Group
This group is for BIPOC-identifying individuals seeking a cultural and social justice-oriented space to discuss racial anxieties and systematic oppression distress. Space will be held for the BIPOC community to share their experiences, listen to others, and gain support from their community. While promoting conversation surrounding racial trauma, students will learn skills to develop healthy coping mechanisms and feel empowered through their unique perspectives. Jesus Rodriguez is the lead facilitator. If interested contact counseling_center@redlands.edu
Mondays, 4 pm
The Counseling Center

Grief Group
For students who have lost someone to death recently. We focus on sharing experiences and learning about the grieving process and ways to cope. Having others who can relate to the grieving process normalizes your experience. If interested, contact Matt at matt_gragg@redlands.edu
TBD
The Counseling Center

Transgender & Gender Nonconforming Group
For students who are exploring and/or identify as transgender, gender fluid, two-spirit and/or gender nonconforming in their identity and expression. Topics include: coming out to others, coming in to oneself, identity-affirming relationships, coping with gender binary norms, accessing health and social services, issues related to the transitioning process and negotiating gendered environments. If interested, contact Matt at matt_gragg@redlands.edu
Tuesdays at 7pm
Zoom Link:
https://uredlands.zoom.us/j/84090121924

LGBTQIA2S+ Group
A safe and confidential space to discuss coming out, coming in to oneself, relationships, family, community, discrimination, and self-acceptance. If interested, contact Raquel at raquel_jackson@redlands.edu
Mondays, 3 pm
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