



COUNSELING CENTER GROUPS & WORKSHOPS SPRING 2021



University of Redlands • 909-748-8108 • www.redlands.edu

Due to licensing restrictions, groups are only open to students currently living in CALIFORNIA

BEHIND THE MASK: Managing College During COVID

This group is for students who are navigating the multiple and sudden stressors that comes with attending college during this pandemic. Stressors range from isolation because of social distancing, having COVID or needing to isolate due to possibly being infected, the need to telecommute to class, and other aspects that come with the stress of adjusting to all the new normal way of living. We will discuss how feelings of loneliness, depressed mood and anxiety are common under these circumstances, and we will talk about the best ways to cope with these emotions. Consider this your weekly virtual hang out to talk about the thoughts and feelings behind the mask.

If interested, contact Jamila at jamila_zuwayed@redlands.edu

Meeting Virtually: Wednesdays, 6:00pm-7:00pm

WebEx Link: https://redlands.webex.com/meet/jamila_zuwayed

TRANSGENDER & GENDER QUESTIONING GROUP

For students who are exploring and/or identify as transgender, gender fluid, and/or gender nonconforming in their identity and expression. **Topics include:** coming out to oneself and others, 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.

Meeting Virtually: Fridays, 2:00pm-3:00pm

WebEx Link: https://redlands.webex.com/meet/matt_gragg

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.

If interested, contact Matt at matt_gragg@redlands.edu

Meeting Virtually: Thursdays, 4:00pm-5:00pm

WebEx Link: https://redlands.webex.com/meet/matt_gragg

DRUG & ALCOHOL SUPPORT GROUP

This group offers the opportunity to process the impact substances have had both personally and academically on your life. Gain psychoeducation and coping skills to decrease the current negative effects that drugs and alcohol have. Gain skills to address self-defeating thinking, emotions, and actions through self-empowerment.

If interested, contact Jamila at jamila_zuwayed@redlands.edu

Meeting Virtually: Thursdays, 6:00pm-7:00pm

WebEx Link: https://redlands.webex.com/meet/jamila_zuwayed

LGBTQIA+ SUPPORT GROUP

Safe and confidential space to discuss coming out, being out, relationships, family, community, discrimination, and self-acceptance.

If interested, please contact Jamila at jamila_zuwayed@redlands.edu

Meeting Virtually: Fridays, 1:00pm-2:00pm

WebEx Link: https://redlands.webex.com/meet/jamila_zuwayed

