

COUNSELING CENTER GROUPS & WORKSHOPS

FALL 2021



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

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, 5:00pm-6:00pm

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

TRANSGENDER & GENDER NONCONFORMING 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: Wednesdays, 4:00pm-5:00pm

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

GRIEF GROUP

For students who have lost someone to death recently or are impacted by a past loss. We focus on sharing experiences and learning about the grieving process and ways to cope. Validation of your feelings is a crucial aspect of this group.

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

SOCIAL SURVIVAL GROUP

This group is a supportive environment for students to practice assertive communication skills and increase their confidence in managing social situations. Learn how to recognize non-verbal cues as well as social norms.

If interested, contact Matt at matt_gragg@redlands.edu

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

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

LGBTQIA+ SUPPORT GROUP

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

If interested, contact Jamila at jamila_zuwayed@redlands.edu

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

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

EMPOWERMENT GROUP

For survivors of intimate partner violence, sexual assault, stalking, and child abuse. Receive support, take part in healing activities and build resilience.

Share your story– or feel free not to.

If interested, contact Jamila at jamila_zuwayed@redlands.edu

Meeting Virtually: TBA

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

DBT SKILLS TRAINING GROUP

The overall goal of DBT skills training is to help you increase your resilience and build a life experienced as worth living. DBT skills are aimed at teaching a synthesis of how to change what is and how to accept what is. Skills teach you both how to change unwanted behaviors, emotions, thoughts, and events in your life that cause you misery and distress as well as how to live in the moment, accepting what is. This group starts on September 29th and will run 8 weeks.

If interested, contact Jamila at jamila_zuwayed@redlands.edu

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

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