

**COUNSELING GROUPS— Spring Quarter 2020**Counseling & Psychological Services (CAPS), <http://caps.ucsc.edu>**All sessions are online—find the session you want on the [CAPS calendar](#).**

*CAPS offers two sorts of groups: 1) weekly groups, which require students to sign up for a quarter and attend weekly after a short screening meeting with the counselor(s) running the group, and 2) drop-in groups, to which students can come any time with no screening appointment. For more info about a specific group, call the counselor(s) listed.*

**WEEKLY GROUPS**

***Call to schedule a short screening appointment and sign up for the quarter—groups usually fill up by the second or third week of the quarter.***

<b>Mondays 9:30-11:00 am</b>	<b>UNDERSTANDING MYSELF &amp; OTHERS</b>	A supportive group for undergraduate students to learn more about themselves, significant life events, significant relationships, and how they relate to others.	Alana Jacobs, Psy.D. (831) 459-4038
<b>Mondays 3:00 -4:30 pm</b>	<b>HEALING AFTER SEXUAL ASSAULT</b>	A group designed to provide a supportive and safe environment for students who have experienced sexual assault as an adult to share experiences, connect with others, and receive support in regaining a greater sense of control and empowerment in their lives.	Salvia Artman, Ph.D. (831) 459-1080 Deahdra Bowier, Psy.D.
<b>Tuesdays 11:45 am– 1:15 pm</b>	<b>EATING AWARENESS GROUP</b>	A supportive, caring place for students of all genders to connect and develop strategies for dealing with body image and eating issues. Meal support will be available.	Susan Gulbe Walsh, Ph.D. (831) 459-2377 Whitney Shuman, M.A. (831) 502-7192
<b>Wednesdays 3:00–4:30 pm</b>	<b>UNDERSTANDING MYSELF &amp; OTHERS</b>	A supportive group for undergraduate students to learn more about themselves, significant life events, significant relationships, and how they relate to others.	Alana Jacobs, Psy.D. (831) 459-4038
<b>Call for more information</b>	<b>GRADUATE WOMEN’S GROUP</b>	A supportive place for female identified graduate students to talk about the stressors of being a grad student, both personal and professional. Common topics include relationship with faculty and peers, Imposter Syndrome, procrastination, and how to have a life outside of grad school.	Audrey Kim, Ph.D. (831) 459-1373
<b>Wednesdays 3:00-4:30 pm</b>	<b>UNDERGRADUATE MEN’S GROUP</b>	A confidential group for male-identified undergraduate students to explore personal and academic concerns, foster a deeper sense of community, and learn more about how they relate to others.	Duncan Benjamin, Psy.D. (831) 459-5704 Joshua Sheltzer, M.A. (831) 459-2620

<b>Thursdays 9:45-11:00 am</b>	<b>LIFE AFTER UCSC</b>	A support group for students who are graduating within the next year to explore and manage their feelings around their transition to life after UCSC.	Julia Ragen, Psy.D. (831) 502-8029 Soko Sokolowski, M.S. (831) 502-7220
<b>Thursdays 11:45 am– 1:15 pm</b>	<b>LIVING WITH LOSS</b>	A supportive environment where students can connect through learning about honoring grief and loss issues while managing academic demands.	Susan Gulbe Walsh, Ph.D. (831) 459-2377 Joshua Sheltzer, M.A. (831) 459-2620
<b>Call for more information</b>	<b>UNDERGRADUATE WOMEN'S GROUP</b>	A confidential space for female-identified undergraduate students who would like the support of other women around issues such as self-esteem, identity, stress, school, family and other relationships, and self-care.	Alexandra Nichols, Ph.D. (831) 459-1255
<b>Thursdays 5:15 – 6:45 pm</b>	<b>GRADUATE MEN'S GROUP</b>	A support group for male graduate students who wish to come together to discuss the challenges of being a grad student. This group is participant driven, with the goal of fostering a deeper sense of community while exploring personal, academic, and professional concerns.	Richard Enriquez Ph.D. (831) 459-4799
<b>Friday 11:00 -12:30 pm</b>	<b>GRADUATE UNDERSTANDING MYSELF &amp; OTHERS</b>	A supportive group for graduate students to learn more about themselves, significant life events, significant relationships, and how they relate to others.	Alana Jacobs, Psy.D. (831) 459-4038

### DROP-IN GROUPS

*No sign-up required—Zoom in any week!*

Link to CAPS Calendar for updates and instructions on how to ZOOM in each week.

(insert LINK here)

<b>Tuesdays 1:00-2:00 pm</b>	<b>GIMME SHELTER</b>	A drop-in, support group for students who are still on campus or stayed in Santa Cruz for Spring Quarter.	Jess Magallanes-Evans, Psy. D. (831) 459-2109 Julia Ragen, Psy.D. (831) 502-8029
<b>Wednesdays 2:00-3:00 pm</b>	<b>BLACK LIVES MATTER</b>	An opportunity for students to discuss current events that affect the black community.	Jackie Rabouin, MFT (831) 459-2220
<b>Wednesdays 10:15-11:15 am</b>	<b>MINDFULNESS MEDITATION</b>	Learn and practice mindfulness meditation to cultivate attention to the present moment and tame automatic stress and anxiety reactions.	Julia Ragen, Psy.D. (831) 502-8029

<b>Four Wednesdays: 4/15, 4/22, 4/29, 5/6 1:00-2:00 pm</b>	<b>BUILDING EMOTIONAL MUSCLES</b>	Learn mindfulness of emotions, develop emotional well-being, and increase self-compassion in this skills-based group. Drop-ins welcome. Please attend all 4 sessions to gain maximum from this group.	Nupur Sahai, Ph.D. Please sign up by calling (831) 459- 2628
<b>Thursdays 3:00-4:30 pm</b>	<b>UNDOCU- MEANT TO BE HERE</b>	A walk-in group for undocumented and mixed-status students. An environment that provides a safe and confidential space to process topics of interest selected by students, offers support, and addresses the importance of self-care.	Erica Lopez, L.M.F.T. (831) 459-2572
<b>TBD</b>	<b>TRANSFERS IN TRANSITION</b>	A drop in group for transfer/re-entry students experiencing life transitions. Weekly topics could include self-care, relationships, stress management, study tips, preparing for graduation, or other topics identified by participants.	Emilie Cate, Ph.D. (831) 459-2753

Please let us know at (831) 459-2628 if you require a disability accommodation.

