

# Fall Quarter Group Therapy Options

## OVERCOMING ANXIETY GROUP

 MONDAY  
 1:30 P.M. - 2:50 P.M.

This group is for those who want to find new ways to manage anxiety (including constant worries, social anxiety, obsessive thoughts, and panic attacks). Participants of this structured skills group will learn, discuss, and practice strategies designed to increase their understanding of anxiety and to enhance their coping resources.

## AMAC (ADULTS MOLESTED AS CHILDREN) GROUP

 TUESDAY  
 10:30 - 11:50 A.M.

This group provides a safe, empowering, and supportive environment for survivors of childhood sexual abuse to continue to grow along the path to increased self-empowerment, decreased feelings of isolation, collective inner strength, and increased self-worth and healthy coping skills as survivors who thrive in life.

## MEDITATION GROUP

 TUESDAY  
 5:00 - 6:00 P.M.

This group aims to introduce you to various forms of meditation that will increase awareness and compassion for self and others as well as reduce feelings of anxiety and disconnection. No prior experience necessary! Take part in this ancient practice that has been shown to improve both mental and physical well-being!

## WOMEN'S GROUP

 WEDNESDAY  
 10:40 - 11:50 A.M.

Women's Group is intended to be a safe, supportive, and confidential place where female students can explore and work through issues in an interpersonal context that accurately reflects real life.

## UNDERSTANDING SELF AND OTHERS

 WEDNESDAY  
 1:20- 2:30 P.M.

This interpersonal process group is for those who want to explore their own identity, find new ways to connect and communicate with others, and also understand what may be getting in the way of achieving these goals.

## LGBT+ GROUP

 TBD  
 TBD

This group provides a safe, empowering, and confidential space for those who identify as lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, or pansexual to receive support with identity, coming out, and relationship issues.

## VETERANS SUPPORT GROUP

 FRIDAY (in the Veterans Success Center)  
 NOON - 1:30 P.M.

Veterans Support Group provides a space for former service members from all branches (including current Reserves and National Guard and those who have deployed and those who have not) to come together to support each other as they make the transition from military life to civilian student life. Group provides an outlet for veterans to serve other veterans.

## ALL-GENDER EMPOWERMENT SUPPORT GROUP

 FRIDAY  
 1:00 P.M. - 2:30 P.M.

For survivors of intimate partner violence, sexual assault, stalking, and child abuse. Receive support, take part in healing activities, and increase coping skills. Share your story - or feel free not to. This group is completely confidential. There is no pre-appointment needed and you may come as often as you choose. For more information on the Support Group please contact Marina.Wood@csusb.edu or see the website at: [www.csusb.edu/survivor-advocacy-services](http://www.csusb.edu/survivor-advocacy-services)

CSUSB's Counseling and Psychological Services.

Groups meet once a week on day listed.

**All groups require a pre-group appointment with the group leader.**

Call or stop by to schedule yours today (909) 537-5040.

# Fall Quarter Health & Wellness Workshops



## Empowerment in Overcoming Childhood Sexual Abuse

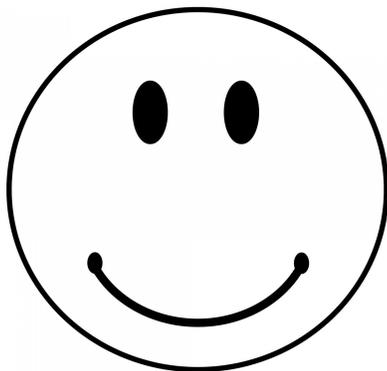
- 📅 September 26, 2017 (TUESDAY)
- 🕒 10:30 - 11:30 A.M.
- 📍 Lower Commons, Panorama Room
- 👤 Jeffrey Andreas Tan, PhD, CAPS Therapist

Attend this workshop to take a step closer to increasing knowledge, awareness, and collective inner strength as we explore Childhood Sexual Abuse, its impact on all our lives, and the strong survivors who thrive in the face of life's adversity.

## How to use Meditative Practices to Increase Self-Acceptance

- 📅 September 26, 2017 (TUESDAY)
- 🕒 5:00 - 6 P.M.
- 📍 Lower Commons, Panorama Room
- 👤 Wendy Brower-Romero, MS, LMFT, CAPS Therapist

The beginning of a new academic quarter can often lead you to feel overwhelmed and stressed. This workshop aims to address this anxiety by introducing you to various forms of meditation, an ancient technique that has been scientifically proven to improve both mental and physical well-being. Come to learn more about the benefits of meditation and how mindfulness can be incorporated into your daily life! No previous experience in meditation is required.



## THRIVE with Fitbit

- 📅 October 4, 2017 (WEDNESDAY)
- 🕒 Noon - 1:00 P.M.
- 📍 Lower Commons, Pine Room
- 👤 Ashley Solis, BA, Health Educator Assistant and Peer Health Educators, Student Health Center

Learn about the physical and mental health benefits of increasing your daily activity and get ideas and motivation to follow through. THRIVE Health promotion will provide knowledge, strategies and actual Fitbits to use during the quarter to track your progress. The Fitbits can track not only your activity, but also your sleep, water, and food intake and much more. Participants will have the opportunity to compete against themselves and others for weekly prizes including a Fitbit Flex 2. In order to reserve a Fitbit for the program, email Ashley Solis Ashley.Solis@csusb.edu to RSVP. You must RSVP and attend the workshop in order to qualify for the program. The free Fitbit rentals are limited to the first 30 student participants. Others are also welcome to attend.

## Coping with Anger

- 📅 October 11, 2017 (WEDNESDAY)
- 🕒 2:00 P.M. - 3:00 P.M.
- 📍 Lower Commons, Panorama Room
- 👤 Ashley Solis, BA, Health Educator, Student Health Center

Did you know that anger is a healthy emotion? Often, we aren't taught how to deal with anger in a productive way. Through the use of a feelings log and a discussion of "hot buttons," students will learn effective ways to recognize and handle their anger, in order to improve their daily lives.

## Healthy Relationships

- 📅 October 25, 2017 (WEDNESDAY)
- 🕒 2:00 - 3:00 P.M.
- 📍 Lower Commons, Panorama Room
- 👤 Marina Wood, MA, Campus Advocate and VOICE Peer Educators

What does it take to be in a healthy relationship? Join us to learn the seven qualities of a healthy relationship, how to "fight fair," and the difference between healthy, unhealthy, and abusive relationships through interactive activities and group discussion.

## Relaxation Techniques to Fit Your Lifestyle

- 📅 October 31, 2017 (TUESDAY)
- 🕒 Noon - 1:00 P.M.
- 📍 Lower Commons, Pine Room
- 👤 Wendy Brower-Romero, MS, LMFT, CAPS Therapist

Stress is an inevitable part of being a student. While a little stress is needed to push us to study and work harder, too much stress can leave us feeling as though we can no longer "live in the moment." Come learn a variety of relaxation techniques that can help you feel rejuvenated and centered!

## Sexually Transmitted Infections

- 📅 November 16, 2017 (THURSDAY)
- 🕒 Noon - 1:00 P.M.
- 📍 Lower Commons, Pine Room
- 👤 Richelle Marracino, MD Medical Chief of Staff, Student Health Center

This workshop will tell you everything you need to know to keep safe and avoid common pitfalls related to Sexually Transmitted Infections. The presentation will include a brief overview of STI's, including testing, treatments, and the top 10 tips for preventing them.

## Handling Holiday Stress

- 📅 November 20, 2017 (MONDAY)
- 🕒 Noon - 1:00 P.M.
- 📍 Lower Commons, Panorama Room
- 👤 Rachel Keener, PsyD, CAPS Therapist

For many, the holidays are a joyous time of taking a break from the stress and strains of regular life to remember what is truly important and to reconnect with family and friends. However, the holidays can also be a stressful time of encountering difficult family dynamics – and for some, the sad reminders of loss and disappointments. Come to this workshop to learn tips regarding how to de-stress your holiday experience and make the most of it.