





# Winter 2017 Quarter Group Therapy Options

## WOMEN'S GROUP

 MONDAY  
 10:30 - 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.

## COURAGE, COMPASSION, CONNECTION!

 MONDAY  
 2 - 3:20 P.M.



This group aims to help you cultivate courage so you can be emotionally honest with yourself and others, set boundaries, and allow yourself to be vulnerable. You will also increase your connection to others and nourish a resilient spirit. In embracing who you are rather than who you think you should be, you will grow in compassion toward yourself and others!

## MEDITATION GROUP

 TUESDAY  
 12:30 - 1:30 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.

## AMAC (ADULTS MOLESTED AS CHILDREN) GROUP

 WEDNESDAY  
 9 - 10:20 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.

## OVERCOMING ANXIETY GROUP

 WEDNESDAY  
 10:30 - 11:50 A.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.

## MAN TO MAN

 WEDNESDAY  
 NOON - 1:30 P.M.



Come and share your experiences of being male in today's world. Learn about the challenges and pressures facing men and tools men use to improve the quality of our relationships, work, health and our lives.

## UNDERSTANDING SELF AND OTHERS

 WEDNESDAY  
 NOON - 1:30 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.

## MEDITATION GROUP

 WEDNESDAY  
 5 - 6 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

## LGBTQ+ GROUP

 THURSDAY  
 10 - 11:20 A.M.

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.

## ALL-GENDER EMPOWERMENT SUPPORT GROUP

 FRIDAY  
 NOON - 1:30 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)

## VETERANS SUPPORT GROUP

 FRIDAY  
 NOON - 1:30 P.M.

Veterans Support Group provides a space for former service members from all branches (including current Reserves and National Guard, 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.

\* 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.

# Health & Wellness Workshops

Winter 2017 in the Lower Commons



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

- January 11, 2017 (WEDNESDAY)
- 4 - 5 P.M.
- Lower Commons, Panorama Room
- Wendy Brower-Romero, 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.

## How Boundaries and Communication Styles Affect Your Relationships

- January 31, 2017 (TUESDAY)
- Noon - 1 P.M.
- Lower Commons, Panorama Room
- Theresa Strand MFT-T, CAPS Therapist

Do you find yourself bending your personal boundaries for others? Have you ever experienced difficulty in communicating with others leading to misunderstandings or conflict? This workshop provides a deeper understanding of how boundary setting and communication styles affect the relationships in your life. Come to explore what contributes to unhealthy relationships and learn skills to build healthier boundaries.

## Overcoming Trauma

- February 21, 2017 (TUESDAY)
- Noon - 1 P.M.
- Lower Commons, Panorama Room
- Rachel Keener, PsyD, CAPS Therapist

Many people experience traumatic events in their lives – but most naturally recover from them. This workshop provides an overview of Posttraumatic Stress Disorder, how it develops, and clinically proven ways to overcome it for those who have gotten stuck in their recovery.

## Strategies for Empowerment in the face of Adversity

- January 24, 2017 (TUESDAY)
- 4 - 5 P.M.
- Lower Commons, Panorama Room
- Heather Webster-Henry, MS, MFTI

Remaining engaged, empowered, and confident when life feels unstable, uncertain, and inflexible requires mindful awareness of our emotional and mental reactions. We can learn and build skills to be better equipped to successfully manage the inevitable challenges innate to living. This workshop will provide information and examples of strategies to increase your ability to not only cope, but thrive as a vibrant and efficacious human being.

## How to Be a Successful Student

- February 02, 2017 (THURSDAY)
- Noon - 1 P.M.
- Lower Commons, Panorama Room
- Shane Calhoun, PsyD, CAPS Therapist

This workshop provides you with strategies that will help increase your attention span, decrease procrastination behaviors, facilitate better learning, and make your study time more effective so you have time for other health behaviors in your life.

## How to Eat Mindfully

- February 15, 2017 (WEDNESDAY)
- Noon - 1 P.M.
- Lower Commons, Panorama Room
- Wendy Brower-Romero, LMFT, CAPS Therapist

Food is one of the great pleasures of life. However, many of us have a complicated relationship with what we eat. If you have ever found yourself eating food to comfort a broken heart, to distract yourself from boredom or stress, or to merely satisfy your taste buds despite your full belly, come to this workshop to understand how to build a healthier, more conscious relationship with what you eat.

## THRIVE with Fitbit

- January 25, 2017 (WEDNESDAY)
- Noon - 1 P.M.
- Lower Commons, Panorama Room
- Tess Webster-Henry, MS, Health Educator

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 Tess Webster-Henry at [webster@csusb.edu](mailto:webster@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 participants. Others are also welcome to attend.

## Sexually Transmitted Infections

- February 09, 2017 (THURSDAY)
- Noon - 1 P.M.
- Lower Commons, Panorama Room
- Richelle Marracino, MD

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.

## Overcoming Anxiety

- March 02, 2017 (THURSDAY)
- 4 - 5 P.M.
- Lower Commons, Panorama Room
- Shane Calhoun, PsyD, CAPS Therapist

Stop letting anxiety boss you around. This workshop is for those who want to find new ways to manage anxiety (including constant worries, social anxiety, academic stress, obsessive thoughts, and panic attacks). Attend this workshop to learn how to manage stress through relaxation techniques, organizational skills, and practicing strategies that will help you live a more meaningful life.