

Groups & Workshops Spring 2018

**Personal Interview required before group start date.
Call or stop by for more information about groups & times.*

ACT on Life

Tuesdays, 12:30 to 2pm

Learn new ways to be with challenging and painful experiences in order to live a more fulfilling and satisfying life.

Anxiety Management

Thursdays, 2 to 3:30pm

Learn new tools and coping skills that allow you to decrease your anxiety and feel more equipped to face a wide range of situations and experiences.

Building Self-Esteem

Wednesdays, 3 to 4:30pm

Feel better about yourself and learn to maintain your self-esteem through life's "ups and downs."

Face to Face

Mondays, 1 to 2:30pm

Has your phone become your best friend? Have you forgotten how to talk to people in person? This drop-in workshop is designed to help you rediscover the art of conversation, feel more comfortable in groups, and feel more confident when talking to others.

Grief & Loss

Tuesdays, 3 to 4:30pm

Experienced a significant loss? Connect with a supportive group of peers dealing with death, loss, and grief.

LGBTQIA+ Support

Mondays, 2 to 3:30pm

A confidential and safe space for students who identify within the LGBTQIA+ communities to receive and provide support around issues of sexual orientation and/or gender identity.

Man 2 Man (Men of Color Support)*

Fridays, 2:30 to 4pm

A space for men of color to explore issues of gender, race, culture, as well as social concerns that impact their experience as men in society and the world.

Master it! (Graduate Student Support)

Tuesdays, 3:30 to 5pm

A safe, fun, and open space for students to receive support and feedback from their peers. Group topics may include personal and professional relationships, academic concerns, adjusting to and leaving graduate school, and coping with stress.

Mindfulness

Mondays, 12 to 1pm

A drop-in workshop open to all CSUN students, faculty, and staff. Provides an opportunity to engage in a brief mindfulness meditation practice as a means to increase an overall sense of wellness.

Not Alone*

Wednesdays 1 to 3:30pm

Come share your experience in a safe environment and learn tips to help in coping with depression. You are not alone!

Overcoming Procrastination

Thursdays, 1 to 3pm

Blend awareness with proven techniques to get things done effectively.

Reshaping Body Image*

Tuesdays, 10:30am to 12pm

A safe, supportive space for you to talk about body image and/or disordered eating concerns. Explore and gain insight and engage in activities that help you move toward self-acceptance.

Self-Compassion

Tuesdays, 2 to 4pm

Feeling NOT ENOUGH? You are not alone in this! Join us in our journey toward self-compassion, a short-term group experience aiming at developing healthier views of self.

Survivors of Childhood Sexual Abuse*

Wednesdays, 1 to 2:30pm

A safe space for individuals to work through and get support related to the trauma of molestation and incest.

Understanding Self & Others*

Tuesdays, 2 to 3:30pm

A warm & supportive environment in which you can explore new ways of relating to others, connect through sharing experiences, and gain insight into yourself.

We're First

Wednesdays, 3 to 4:30pm

A safe space for first generation college students to discuss the challenges they face. Receive guidance and support in navigating those challenges.

Women's Support Group*

Fridays, 10 to 11:30am

A supportive space for women to explore issues related to being a woman in our society.

University Counseling Services | Bayramian Hall, Room 520

(818)677-2366, option 1 | www.csun.edu/counseling

Visit www.csun.edu/counseling/therapy-groups-and-workshops

for an updated listing of groups being offered.

FREE

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