



SUMMER 2020 COUNSELING GROUPS & WORKSHOPS

Managing Graduate School: Both within and outside the classroom (M 10-11:30am) - (ZOOM platform with Jacaranda Palmateer, PsyD & Briana Johnson, LPC, LAC)

This group provides a place to receive support from other graduate students and explore academic and relationship issues that can exacerbate distress during this phase of life.

Quarantine Management: A Support Group (F 10-11) - (ZOOM platform with Wendy Morrison, PhD and Molly Shmerling, PsyD)

This 6-week workshop is designed to provide hands-on skills for you to improve your attention, focus, and organization to boost your academic performance and manage the adjustment to online learning. It will cover areas such as organizing and planning, reducing distractions, and managing multiple tasks, all aimed to help you optimize your time better. These strategies are appropriate for people with learning difficulties (ADHD, Learning Disabilities) or anyone looking to improve in any of these domains.

COVID-19 General Support Group (R 3:00-4:00pm) - (ZOOM platform with Maya Badwan, MA & Jessica Luginbuhl, MA)

This group is targeted for students who are experiencing depressive symptoms, anxiety and/or health anxiety that has been triggered or exacerbated by the COVID-19 pandemic. Participants will learn to manage these anxieties, learn strategies to employ, and provide support to one another.

Student of Color Support and Empowerment Group (W 2:30-4) - (ZOOM platform with Anand Desai, PsyD)

This is a support group for students of color who are navigating our current complex and difficult racial climate. The focus of this group is on creating a space for students of color to support one another around experiences of discrimination/oppression/racism while also gaining wisdom and energy from each other.