



UCI Counseling Center Groups

Drop-In Groups



Just Breathe! (Monday 11:00-12:00pm and Wednesdays 2:00-3:00pm Weekly 2-10)

Monday: <https://uci-hipaa.zoom.us/j/735329807>

Wednesday: <https://uci-hipaa.zoom.us/j/796625935>

In this drop-in group, students will let go of their stress and worry. Using mindfulness meditations, we will ground and center together during the ebbs and flows of the busy academic-work week.

Anteater Parents Support Group (Mondays 1:00-2:00pm Weekly 2-10)

<https://uci-hipaa.zoom.us/j/588346293>

This group will focus on providing support to the anteater parent community during this challenging time. Topics will include navigating academic difficulties through a new system, balancing the different roles including academic/provider/parent, and learning to lean on each other and those around us for support.

Graduate Student Support Hour (Tuesdays 11:00-12:00pm Weekly 2-10)

<https://uci-hipaa.zoom.us/j/20586395>

This drop in group is offered for graduate students who want to come together to share the challenges and struggles of being a grad student, explore ways to balance school & personal life, navigate relationships with peers and advisors, combat imposter syndrome, decrease anxiety, and increase social supports. This virtual hour is designed to be psycho-educational, skill-based, and supportive in nature.

Senior Soul Search (Tuesdays 1:00-2:00pm Weeks 4-9)

<https://uci-hipaa.zoom.us/j/227951591?pwd=Z2JwSFFyUjZQNGxiUnlxSINQbWc2dz09>

This space provides a place to celebrate, acknowledged, and support our Anteater graduating seniors, a group that is uniquely impacted by the pandemic we are facing. We will discuss strategies to address the varied reactions associated with graduating during this time.

Week 4 (April 21st) and Week 7 (May 12th) Looking Forward/Looking Back: Navigating your Personal Life after UCI

Week 5 (April 28th) and Week 8 (May 19th) Working Towards My Career: Addressing Professional Worries and Concerns

Week 6 (May 5th) and Week 9 (May 26th) Celebration Station: Finding ways to Celebrate Your Graduation

Crafting Mindfulness One Stitch at a Time (Tuesdays 3:00-4:00pm Weeks 2,4,6,8,10)

<https://uci-hipaa.zoom.us/j/222714649>

Learn to cultivate a mindfulness through stitching. In this group we will work on simple stitching as we discuss and practice mindfulness. We will explore the Slow Movement, which encourages quality over quantity and doing things well over doing things quickly. These drop in sessions will help you recognize and respect your own spaces, the one at which you do your best, most enjoyable and meaningful work. ****For this drop-in group you will need the following: sewing/embroidery needle, thread/embroidery floss, fabric to stitch on (use what you already have such as old clothing/dishtowels, etc), embroidery hoop, and scissors.**

Wabruda (Wednesday 5:00-6:30pm Weekly 3-10) (This event is partnered with the CBCRR)

<https://uci-hipaa.zoom.us/j/925511894>

Wabruda (Swahili for Brotherhood) is a group for empowering and supporting African American/Black men.

Staying Socially Connected While Physically Distant (Thursdays 12:00-1:00pm Weekly 2-10)

<https://uci-hipaa.zoom.us/j/967099875>

Although necessary for the health and safety of ourselves and our community, social distancing can be an isolating and lonely experience. This group will focus on ways to maintain social connection and relationships during this time. Topics may include ways to stay connected to loved ones, effective communication, and the use of technology for relationships.

Resilience in Uncertain Times: (Thursday 3:00-4:00pm Weekly 2-10)

<https://uci-hipaa.zoom.us/j/563766631>

Feeling lost and stressed out during these uncertain times? Join in virtually and connect with others who are similarly interested in processing these stressors, and focusing on exploring and tapping into our own strengths to get through times.

Drop-In Groups are intended for currently enrolled UCI students who currently located in the state of California

UCI Counseling Center

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<https://counseling.uci.edu/>