



UCI Counseling Center Workshops



Workshops Do Not Require Prior Sign-Up

****Please note that all workshops are offered remotely at the designated date and times. Workshops will be closed 10 minutes after the start time listed. Workshops are intended for currently enrolled UCI students who are currently located in the state of California**

ACT on It

Click to Join on Mondays 1pm-2pm: <https://uci-hipaa.zoom.us/j/94897745273>

June 29th: Control and Suffering: an Intro to ACTing on It

July 6th: Practicing Mindfulness and Acceptance

July 13th: Taking Committed ACTion

Destress with Yoga (incorporates Yoga movements)

Click to Join on Tuesdays 2pm-3pm: <https://uci-hipaa.zoom.us/j/98066088808>

June 30th: Therapeutic Movement

July 7th: Therapeutic Breathing

July 14th: Therapeutic Community

Embrace the Skin You're In Body Movement Workshop (incorporates Zumba movements)

Click to Join on Tuesdays 4pm-5pm: <https://uci-hipaa.zoom.us/j/96063156206>

August 4th: Be Still

August 11th: Believe

August 18th: Be YOU

Wellness Workshop Series (Weekly)

Click to Join on Wednesdays 1pm-2pm: <https://uci-hipaa.zoom.us/j/91098643664>

July 1st: Compassion for the Inner Critic

July 8th: Sleep Hygiene

July 15th: Stress Less with Mindfulness

July 22nd: Healthy Communication in Relationships

July 29th: Crafting with Mindfulness

August 5th: Healthy Relationships

August 12th: Emergency Self-Care

August 19th: Procrastination

August 26th: Time Management

Academic Boot Camp

Click to Join on Thursdays 1pm-2pm: <https://uci-hipaa.zoom.us/j/91507182757>

July 16th and August 27th: Improving Motivation

July 23rd and September 3rd: Reducing Avoidance

Graduate Student Workshop Series

Click to Join on Thursdays 3pm-4pm: <https://uci-hipaa.zoom.us/j/93251133432>

July 16th: Imposter Syndrome

July 23rd: Stress Management

August 6th: Time Management

August 13th: Navigating Academic Relationships

Wabruda- Wednesdays 5pm-6:30pm

A group to support and empower Black/African American men.

****Please contact Dr. Milo Dodson at milo.dodson@uci.edu for more information about summer schedule. (This event is partnered with the CBCRR)**