<table>
<thead>
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<th>DAY &amp; TIME</th>
<th>Start Date</th>
<th>GROUP</th>
<th>What To Expect</th>
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| Monday 1:30-3:00 | January 30, 2017 | Exploring Confidence                        | Facilitator: Susan Denny, LPC  
Location: Group Room  
Requires: Initial COD  
Self-confidence doesn’t come naturally to everyone. This group will provide steps for students to understand their strengths, core values, create personal mission statements and explore how to grow and transition through college and life with high self-confidence. |
| Monday 3:00-4:00pm | January 30, 2017 | Attention Dimension                        | Facilitator: Jeff Gatlin, LPC & Jason Dillard  
Location: Group Room  
Requires: Initial COD  
This group will help students diagnosed with ADHD and/or other conditions develop and maintain sustained ability to concentrate for consistently longer periods of time. Group members will also receive training designed to increase frequency of on-task behaviors, improve self-control, manage negative emotional states and improve self-esteem. |
| Tuesdays 1:00-2:30pm | January 31, 2017 | Grief Team: From Grief to Growth           | Facilitator: Dr. Nichole Vincent, PsyD  
Location: Group Room  
Requires: Group Screening  
We all need a support system to help us as we move through our grief journey. While family and friends are vital, unless they have experienced a close personal loss, they most likely don’t fully “get it”. Get ready to discover new ways of coping through the most difficult parts of the grief journey. |
| Tuesdays 3:00-5:00pm | January 31, 2017 | Art Therapy                                | Facilitator(s): Dr. Richard Martinez, PhD & Dr. Nichole Vincent PsyD  
Location: Classroom  
Requires: Group Consultation Forms  
Provides a supportive environment to engage in self exploration and dialogue through the use of artistic expression. No artistic talent or skill required |
| Tuesdays 3:00-4:00pm | January 10, 2017  | Feel Better Fast                           | Facilitator: Megan Colletta, LCSW  
Location: Group Room  
Requires: Group Consultation Forms  
A 4 session continuous psycho education modules on things like stress management, communication skills, social skills and mood management. |
| Tuesday 5:00-6:30 pm  | January 31, 2017 | Creating Mindfulness                       | Facilitator: Cristina Villegas-Hernandez, LCSW  
Location: Group Room  
Requires: Group Consultation Forms  
Mindfulness is a practice that helps with gaining a better sense of coping with life stressors. This 8 session model will help students create their own mindfulness practice. |
| Wednesday 5:00-6:00 pm | January 11, 2017  | Stress Less                                | Facilitator: Dr. Hazel Lane, PsyD  
Location: Classroom  
Requires: Group Consultation Forms  
Incorporates the mind-body connection including body scan, Progressive Muscle Relaxation, and Biofeedback assisted relaxation to strengthen muscle memory and build a pathway to a relaxation response instead of a stress response. |
| Wednesdays 3:00-4:30 pm | February 1, 2017 | #RelationshipGoals                         | Facilitator: Dr. Susie Martinez, PsyD  
Location: Group Room  
Requires: Initial COD  
Relationships are inevitable. Whether it’s relationships with classmates, intimate partners, parents, siblings, or supervisors, relationships have the potential to significantly impact our daily lives both positively and negatively. This group will provide a space for students to share, discuss, learn, and brain-storm about how to create more meaningful and/or healthier relationships. |
| Thursdays 1:00-2:00 pm | February 2, 2017  | Out or Questioning                         | Facilitator: Dr. Hazel Lane, PsyD  
Location: Classroom  
Requires: Group Consultation Forms  
This group will meet to discuss topics related to gender and sexuality in a supportive group environment. |
| Thursdays 1:00-2:30 pm | February 2, 2017  | A.S.P.I.R.E                                | Facilitator: Dr. Richard Blask, PhD  
Location: Group Room  
Requires: Group Consultation Forms  
A processing group for adult students (roughly mid-twenties and older). Common issues discussed include self-esteem, interpersonal challenges, family and other relationships, and sexuality. |
| Thursdays 3:00-4:30 pm | February 2, 2017  | Nourishing the Self                        | Facilitator: Dr. Vanessa Avila-Peña, PhD  
Location: Group Room  
Requires: Group Screening  
Struggles with body & self-compassion are particularly common among college students. If you are unhappy with your body or want to feel better about yourself, we can help! This group will provide a safe-environment to connect with others having similar struggles. In addition to safe-exploration, our goal is to help students appreciate who they are & establish a healthier sense of self. |
| Thursdays 3:30-4:30 pm | January 12, 2017  | Feel Better Fast                           | Facilitator: Dr. Melva Thone-Boyd, PsyD  
Location: Classroom  
Requires: Group Consultation Forms  
A 4 session continuous psycho education modules on things like stress management, communication skills, social skills and mood management. |
| Friday 10:30-11:30 pm | February 3, 2017  | Breaking Barriers                          | Facilitator: Dr. Melva Thone-Boyd, PsyD  
Location: Classroom  
Requires: No Requirements  
Breaking Barriers support group offers a weekly drop-in safe space for students with immigration status concerns, to share their stories, cope with stressors, and strengthen their peer network. |
| Friday 12:30-2:00 pm | February 3, 2017  | Interpersonal Exploration                 | Facilitator: Dr. John Deberry, PhD  
Location: Group Room  
Requires: Group Consult & Screening  
This group aims to help with social anxiety, difficulties maintaining connections, feeling isolated or disconnected, building deeper connections, and self-exploration. |
| Friday 2:30-4:00 pm | February 3, 2017  | I.P.A.D                                    | Facilitator: Dr. Melissa Hernandez, DSW  
Location: Group Room  
Requires: Group Consultation Forms  
Group focused on making and keeping friends, social anxiety, family and relationship issues, and academic struggles. |