



GENERAL THERAPY & SUPPORT

- ◎ **UNDERSTANDING SELF & OTHERS (USO) (ZOOM)**
Release feelings about distressing experiences, and develop insights about interpersonal patterns through support and feedback, create connections, and build trust in yourself and others. Open to all students.

 - MONDAYS 1:00PM–2:30PM
3:00PM–4:30PM
 - TUESDAYS 11:15AM–12:45PM
1:15PM–2:45PM
 - WEDNESDAYS 3:00PM–4:30PM
 - THURSDAYS 3:15PM–4:45PM

- ◎ **USO: BLACK, INDIGENOUS OR PEOPLE OF COLOR (ZOOM)** For Black, Indigenous or People of Color students who are interested in connecting and explore how race (and other intersecting identities) influences their life experiences and wellbeing.

 - THURSDAYS 1:00PM–2:30PM

- ◎ **USO: BLACK LGBTQ+ (ZOOM)**
For Black LGBTQ+ students to name, process and integrate their experiences at the intersections of gender, racial and sexual/affinity identities.

 - WEDNESDAYS 3:30PM–5:00PM

- ◎ **USO: ¿CÓMO ESTÁS? (ZOOM)**
Conéctate y desarrolla confianza en grupo. Comparte tus sentimientos acerca de las experiencias angustiantes que has tenido.

 - THURSDAYS 1:30PM–3:00PM

- ◎ **USO: CONNECTION THROUGH CREATIVITY (ZOOM)**
Develop insights about yourself and others, explore your cultural identities, and process feelings about challenging experiences through creative mediums.

 - THURSDAYS 3:00PM–4:30PM

- ◎ **USO: FAMILY OF ORIGIN (ZOOM)**
A space to explore how the relationship with yourself and others are influenced by your experiences and interactions with your family.

 - FRIDAYS 1:00PM–2:30PM

- ◎ **USO: THOUGHTS & FEELINGS (ZOOM)**
This group uses CBT to help students develop alternative ways of thinking, feeling and behaving that will reduce your psychological distress and enhance your well-being.

 - WEDNESDAYS 1:00PM–2:30PM

- ◎ **USO: FEMINISM, IDENTITY & TRAUMA (ZOOM)**
This group is for women often labeled “too much” or “too little” in their relationships. Will use a feminist and empowerment perspective to frame discussions.

 - MONDAYS 3:30PM–5:00PM

- ◎ **USO: GRADUATE STUDENTS (ZOOM)**
For graduate students.

 - MONDAYS 10:00AM–11:30AM
 - TUESDAYS 3:00PM–4:30PM

- ◎ **USO: BLACK GRADUATE STUDENTS (ZOOM)**
For Black graduate students only.

 - TUESDAYS 1:00PM–2:30PM

- ◎ **WELLNESS EXPERIENCES THROUGH THE BODY (ZOOM)** Connect to wellness through a variety of body-centered experiential activities (e.g., stretching, dance, grounding, and breathwork).

 - THURSDAYS 11:00AM–12:30PM

- ◎ **WELLNESS SUPPORT (ZOOM)**
A support space for student mental health and wellness. Sessions begin with a brief wellness/grounding activity followed by open space for students to share and connect on their life experiences.

 - MONDAYS 3:00PM–4:30PM
 - THURSDAYS 1:00PM–2:30PM



SPECIALTY

- ◎ **BODY WELLNESS (ZOOM)**
For students who find themselves thinking about their body and/or food more than they would like or want. A space to explore their body image. Open to all gender identities.

 - TUESDAYS 3:30PM–5:00PM

- ◎ **BLACK CHEMISTRY (ZOOM)**
For Black singles to explore thoughts, feelings and experiences regarding dating and romantic relationships/relationship formation.

 - MONDAYS 3:00PM–4:30PM

- ◎ **FIRST GENERATION SUPPORT (ZOOM)**
For students who are the first in their families to attend college. Share your experiences as a first-generation college student, develop insights through support and feedback, create connections and trust, and establish strategies for college success.

 - THURSDAYS 3:00PM–4:30PM

- ◎ **GRADUATE STUDENT SUPPORT (ZOOM)**
A space for graduate students to discuss stresses, joys, and receive support to survive and flourish.

 - TUESDAYS 11:00AM–12:30PM

- ◎ **INTERNATIONAL STUDENT SUCCESS - English (ZOOM)** Discuss cultural, career, educational, relational and financial concerns unique to international students and identify available resources.

 - WEDNESDAYS 3:00PM–4:30PM

- ◎ **INTERNATIONAL STUDENT SUCCESS - Mandarin (CWC Radio Road)**
本团体使用你的母语，在团体领导的带领下，透过讨论分享来帮助你更了解自己，从而解决困扰，议题可能包括自身个性了解，人际关系，跨文化生活，生涯规划，学业，和财务等问题。我们欢迎你的加入。

 - TUESDAYS 1:00PM–2:30PM

- ◎ **LATINA/LATINO/LATINX SUPPORT (CWC Radio Road)**
This group will empower Latinx students to explore the complexities of their racial-ethnic identities, foster community and support and connect over collective experiences.

 - WEDNESDAYS 1:15PM–2:45PM

- ◎ **LGB EMPOWERMENT (ZOOM)**
Explore issues related to sexual orientation and gain support in integrating your identity with other areas of your life.

 - WEDNESDAYS 1:15PM–2:45PM

- ◎ **MAKING PEACE WITH FOOD (ZOOM)**
For women with eating disorders who would like to examine their relationship with food and their bodies, and who are in or have been in individual therapy.

 - THURSDAYS 1:00PM–2:30PM

- ◎ **SACRED SPACE: BLACK WOMEN+ (ZOOM)**
A dedicated space for Black women+ to offer and receive support from each other as they heal from old wounds, seek liberation and celebrate life.

 - MONDAYS 11:00AM–12:30PM

- ◎ **SEXUAL ASSAULT SURVIVOR SUPPORT (ZOOM)**
Women survivors continue their healing journey through connection with each other, and in learning practices for self-care and empowerment.

 - THURSDAYS 1:00PM–2:30PM

- ◎ **TRANS EMPOWERMENT (CWC Radio Road)**
Explore the challenges and joys of integrating one's gender identity and expression. Process your unique journey through self-awareness and exploration leading towards a greater sense of self-acceptance.

 - WEDNESDAYS 3:00PM–4:30PM



MINDFUL LIVING & COPING SKILLS

Ⓞ ANXIETY SKILLS (ZOOM)

A 12-week group that focuses on reducing anxiety through education and skill-building. For Highly motivated and committed students.

- TUESDAYS 11:00AM–12:30PM
1:00PM–2:30PM
- WEDNESDAYS 11:00AM–12:30PM
11:00AM–12:30PM

Ⓞ ANXIETY SKILLS & SUPPORT (ZOOM)

This group provides a supportive space where students can discuss their anxiety and leave with practical tools for addressing its physical, psychological, and social impacts.

- TUESDAYS 3:00PM–4:30PM

Ⓞ CALMING ANXIETY WITH NATURE (CWC Radio Road)

Struggling with loneliness, anxiety, and/or stress? Group will include brief nature-based meditations, emotional expression, expanded perspectives, interpersonal feedback, and support for challenging life circumstances.

- WEDNESDAYS 3:00PM–4:30PM

Ⓞ COPING WITH ADHD (ZOOM)

This group focuses on learning about ADHD/ADD, and gaining skills and tools to cope with symptoms. Must have a diagnosis of ADHD or ADD (by a psychiatrist or comprehensive evaluations) to be considered for this group.

- MONDAYS 10:00AM–12:00PM



ALCOHOL & OTHER DRUGS

Ⓞ MINDFUL RECOVERY (ZOOM)

For students who are seeking abstinence or maintaining abstinence from substances, this is a safe-space to discuss anything related to recovery from substance use. Come enhance your recovery with mindfulness!

- WEDNESDAYS 1:00PM–2:30PM

Ⓞ SUCCESS NOT EXCESS (CWC Radio Road)

Develop awareness of personal and relational patterns, view life experiences from many angles, and create new ways of seeing, thinking and doing.

- WEDNESDAYS 3:00PM–4:30PM



PEER SUPPORT

Ⓞ EXPERIENTIAL PEER SUPPORT (ZOOM)

For exploring voices, visions, plurality, presences, premonitions, and other extreme, "unusual," poetic, spiritual or otherwise alternative beliefs, perspectives, or experiences.

- TUESDAYS 1:00PM–2:30PM

For more information, please visit: counseling.ufl.edu/experiential/

Ⓞ MOVING TOWARD INTENTIONAL PEER SUPPORT

(ZOOM) Develop awareness of personal and relational patterns, view life experiences from many angles, and create new ways of seeing, thinking and doing.

- TUESDAYS 3:00PM–4:30PM
- THURSDAYS 1:00PM–2:30PM

To learn more, please visit: intentionalpeersupport.org/what-is-ips

Ⓞ WELLNESS RECOVERY ACTION PLAN (WRAP®)

(ZOOM) Develop plans for maintaining wellness and for addressing signals of increasing distress. Group emphasizes hope, personal responsibility, education, self-advocacy and support.

- THURSDAYS 3:00PM–5:00PM

To learn more about WRAP please visit mentalhealthrecovery.com/wrap-is



[COUNSELING.UFL.EDU/GROUPS](https://counseling.ufl.edu/groups)

Group therapy is as effective
and in some cases...
more effective than individual therapy!

UF | CWC
Counseling & Wellness Center

Groups

SPRING 2022



CALL 352-2920 1575 between 8am - 3pm to schedule a brief consultation appointment.
During the the consultation appointment you will learn more our group counseling services
as well as other ways the CWC can support your wellness.