Groups and Workshops

GROUPS

Self-Growth Group: This group is for students who are interested in better understanding themselves and others. Participants explore new ways of authentically connecting with others, learn more about their personal relational patterns, and develop a greater sense of empathy across individual differences.

Women’s Emotional Support Group: This group is designed to help women increase their ability to use safe coping skills to reduce self-harm, substance abuse, and to better navigate the effects of trauma. This group will address ways to overcome triggers to poor coping and will incorporate new ways of caring for oneself.

Building Better Boundaries Group: This skills development group is designed to help students set and communicate boundaries as they are essential to our health, wellbeing, and even our safety. Students will have the opportunity to learn tools for setting healthy boundaries, explore ways to improve relationships and self-esteem, and learn to develop a support system of people who respect and encourage healthy boundaries.

Student of Color Group: The Student of Color group serves as a way to openly engage in dialogues around what it means to be a student of color on this campus. The Student of Color group is a place for students of color to unapologetically show up and let themselves be fully known, where they can speak from the heart rather than worrying about what is socially acceptable. In a supportive environment, students will deepen self-understanding and explore ways of relating to others.

WORKSHOPS

Learning to Thrive During Difficult Times: This workshop is designed to help students thrive in the midst of this difficult season by helping students understand how the brain, mind, and body respond to stressful, anxiety-provoking, and/or traumatic experiences. Students will learn how to cope effectively to these situations to feel more grounded, calm, and in control.

Living Well Workshop: This is a three-week workshop designed to help students gain insight into their concerns, develop a clearer sense of what they would like to change in their lives, and identify concrete tools to reduce feelings of stress and improve emotional functioning.

Anxiety Toolbox Workshop: This is a two-week workshop to help students learn how to reduce anxiety in their lives. In this workshop, students practice helpful tools to reduce anxiety, and each participant will walk away with a personalized, written plan to better address anxiety in their own life.

OUTSIDE THE COUNSELING CENTER

Wellness Wednesday: These non-therapy drop in groups are student led and provide opportunities to build community while learning and practicing techniques to balance your emotional well-being. Join us weekly on Instagram live @apucounseling

Emotionally Healthy Spirituality D-Group: This non-therapy, discipleship group is facilitated in conjunction with the Office of Campus Ministry and will focus on the connection between our emotional well-being and our spiritual life. Students will have an opportunity to build community while learning how a healthy spiritual life can strengthen our emotional well-being. Register through the D-Group Sign-up Form.

For more information or to join a group: 626-815-2109 or ucc@apu.edu