

UCC Groups and Workshops



THERAPEUTIC WORKSHOPS

The Transformation Lab: This workshop helps students transform their relationship with themselves and with others by learning how the autonomic nervous system (ANS) strongly influences their responses to people, places, events, and body sensations. Students will come away with their own personal profile map that will help them understand how and why their body responds in certain ways and their mind creates a certain story of their experiences. *Students learn how their physiology creates their psychology and how their psychology influences their physiology.*

Anxiety Toolbox Workshop: This workshop helps students learn how to reduce their anxiety by teaching them helpful tools, including grounding exercises, deep breathing, changing negative thoughts, and identifying ways to improve sleep, which will maintain daily emotional balance. Each student will come away with a personalized, written plan to better address anxiety in their own life.

OUTSIDE THE CENTER

Wellness Wednesdays: This Instagram series led by our Peer Educator interns provides opportunities to build community and practice techniques to balance your emotional well-being. Catch us Wednesdays on our Instagram @apucounseling or catch the rerun on our YouTube.

Cougars Care Workshop Series: This workshop series provides mental health and wellbeing training that students can use to help themselves and others. Participants learn how to support themselves and their friends while also building

their résumé and leadership skills. Students who attend 4 workshops receive a certificate of completion. Visit <https://www.apu.edu/counselingcenter/groups/cougars-care-workshops/> for more information.

GROUPS

Building Better Boundaries Group: This skills development group is designed to help students recognize ways to set and communicate boundaries. 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.

Self-Growth Group: This group is for students who are interested in better understanding themselves and others. Students 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.

Student of Color Group: This group serves as a way to openly engage in dialogues around what it means to be a student of color (SOC) on this campus. The group is a place for SOC 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.



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

Azusa Pacific University is committed to creating an inclusive environment that meets the needs of its diverse student body. If you have a disability and require a disability-related accommodation, please contact us by 1 week prior to the event to begin the conversation or request an accommodation.