

**\*\*No Sign-up Required!\*\***

\*\*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.

For more information and links to workshops go to:

<https://counseling.uci.edu/services/groups.html>

## Mondays

### Surviving to Thriving in 2022 (Weekly) 1pm-2pm

<https://uci-hipaa.zoom.us/j/96899283712>

**January 3:** Living in the Now

**January 10:** Adjusting to Change

**January 24:** Focus, Concentration, & Procrastination

**January 31:** Nonviolent Communication

**February 7:** Getting ACTivated (motivation)

**February 14:** Love Yourself!

**February 28:** Healthy Coping

**March 7:** Sleep

## Tuesdays (in-person)

### Diverse Identities and Mental Health 4pm-5pm

In-Person

**January 11:** LGBTQ Students (LGBT RC)

**January 25:** Womxn of Color Students (WSC)

**February 8:** Latinx Students (Latinx RC)

**February 22:** Men and Masculinity (DREAM Center)

**March 8:** International Students (Counseling Center)

## Wednesdays

### Wellness Workshop Series (Weekly) 1pm-2pm

<https://uci-hipaa.zoom.us/s/92274574035>

**January 5:** Creating a Coping Toolbox

**January 12:** Coping with Racism

**January 19:** Partying Safe

**January 26:** Motivation

**February 2:** Test Anxiety

**February 9:** Recognizing Warning Signs and Helping a Friend in Need

**February 16:** Craftivism

**February 23:** Body Neutrality

**March 2:** Sleep

**March 9:** Compassion

## Thursdays

### Academic Boot Camp 1pm-2pm

<https://uci-hipaa.zoom.us/j/92635504076>

**February 3:** Maintaining Motivation

**February 10:** Reducing Avoidance

**February 17:** Improving Time Management

**February 24:** Maintaining Motivation

**March 3:** Reducing Avoidance

**March 10:** Improving Time Management

## Thursdays

### LGBTQ Support Group 11am-12pm

Counseling Center Staff & Partnership with LGBT RC.

A drop-in group for individuals needing support around topics such as: coming out, chosen family, PRIDE, and QTIPOC related concerns, relationships, and Queer History. This is a partnered event with the LGBT RC—please go to their website for more information.

### Graduate Student Workshop Series 3pm-4pm

<https://uci-hipaa.zoom.us/s/94544947904>

**Stress Management:** January 6, February 3, March 3

**Imposter Syndrome:** January 13, February 10

**Time Management:** January 20, February 17

**Navigating Academic Relationships:**

January 27, February 24, March 10