Understanding Self and Others*
This general interpersonal process group is open to students who want to better understand themselves and their relationships with others. With a deeper understanding of one’s self and relationships, this group offers a supportive, challenging and growth-inspiring atmosphere to help participants find effective ways to communicate, expand their interpersonal style and try new behaviors.
Tuesdays, 3:00-4:30pm, starting January 31st
Contact: Irene_Kao@cuc.claremont.edu or Sean_Cheng@cuc.claremont.edu

Queer Support Group*
This group is open to any students of the 7C’s who identify as queer and are looking for ways to connect with other queer identified students for support. Weekly group topics initiated by group members and may include identity development, coming out, intersectionality, academic concerns, experiences as a queer or trans person of color, feeling safe on campus, family issues, religion, stress/coping, and relationships/dating issues.
Date and Time TBD
Contact: Mary_Weber@cuc.claremont.edu

Students of Color Group*
This group provides a space for students of color to discuss the complexities of navigating personal and interpersonal spaces within and outside of The Claremont Colleges. Students can discuss, explore, and give voice to feelings and experiences related to culture shock, campus climate, racism, racial identity, oppression and privilege, self-esteem, relationships, family, intersectionality, stress/coping, and other topics of interest.
Thursdays, 1-2:30pm, starting February 16th
Contact: Brittany_Beasley@cuc.claremont.edu

Getting Unstuck
This workshop focuses on helping you understand depressive symptoms and building skills to manage these symptoms. The three sessions are divided into content that builds upon itself. The sessions include modules dedicated to (1) understanding depression, (2) exploring how thoughts and behaviors impact depression and (3) addressing how you can begin to make changes to thoughts and behaviors in order to better manage depression. By the end of the workshop, you will have your own individualized plan for getting unstuck.
Date and Time TBD
Contact: Elizabeth_Poloskov@cuc.claremont.edu

Women’s Group*
This group is for women who would like to share and explore issues that have a daily effect on their lives. Participants will receive and provide support to realize an empowered living. Topics for discussion include: self-esteem, responsibility for others and need for self-care, family, relationships and intimacy, communication, academic pressure, and life transitions.
Tuesdays, 4:30-6pm, starting February 21st
Contact: Carrie_Park@cuc.claremont.edu

Support for Survivors*
This group is designed for students who have experienced sexual assault or abuse. The group is a safe and confidential space for survivors to process these experiences and provide mutual support in a professional therapeutic setting. All gender identities are welcome in this group.
Date and Time TBD
Contact: Fiona_Vajik@cuc.claremont

Body Image Workshop
This is a two session workshop series meant for students who would like to focus on improving their body image. Workshops will include psychoeducation, discussion, and interactive components. Each workshop is drop-in and no prior notice is needed.
February 27th and March 6th, 12-1pm
Contact: Amber_Blews@cuc.claremont.edu

Eating Concerns Support Group*
The purpose of the group is to explore and understand how issues related to self-esteem, confidence, authenticity, and emotional management connect to and affect our relationships with food and our bodies.
Mondays, 12-1:15pm, starting March 20
Contact: Amber_Blews@cuc.claremont.edu

Anxiety Management*
A semi-structured, 7 session group for helping students manage their anxiety. Using mindfulness techniques, experiential activities, and discussion, students will explore ways of managing their anxiety and living in full experience rather than running from the stressors of life.
Thursdays, 11-12pm, starting March 23rd
Contact: Grant_Goodman@cuc.claremont.edu

*Group requires a group screening appointment. Please contact group leader for details.