

**Monsour Counseling & Psychological Services (MCAPS)  
Fall 2011 Groups & Workshops**

***Support for Survivors\*\****

**Leader: Fiona Vajk, Ph.D.**

This group is designed for women who have experienced sexual assault or abuse, whether as children or as adults, whether recently or long ago. In this group survivors can share their experiences, explore their feelings and receive support as they work through the healing process. If you are interested, please contact Fiona at x74468.

**Date and Time TBD**

***The Open Door\*\****

**Leader: Carrie Park, Psy.D.**

The Open Door is a group for queer, gay, genderqueer, lesbian, bisexual, transgender, heterosexual, intersex, and/or questioning individuals wishing to explore sexual orientation and gender identities in a safe, confidential setting. Topics are determined by group participants, and may include coming out to friends, family, & oneself; relationships; school situations; and/or current events. If interested, please contact Carrie at x70701 or carrie@cuc.claremont.edu

**Mondays, 4:00-5:00pm**

**Beginning October 3, 2011**

***Understanding Self and Others\*\****

**Leaders: Robin M. Cooper, Psy.D.**

**Cherie Obranovich, M.A.**

This is an interpersonal process group open to students who wish to better understand themselves and their relationships with others. The group offers a safe environment for participants to become attuned to their feelings and reactions as they occur in the moment. With a deeper understanding of one's self and relationships, this group can help participants try new behaviors, clarify confusing feelings, and find effective ways to communicate, all within a supportive, challenging, and growth-inspiring atmosphere. If interested, please contact Robin at x70022 or robinc@cuc.claremont.edu or Cherie at x74442 or cherieo@cuc.claremont.edu.

**Wednesdays, 3:00 – 4:30pm**

**Beginning October 5, 2011**

***Strategies for Academic Success***

**Leader: Nancy James, Psy.D.**

This workshop series will focus on helping students develop academic skills to promote success. Topics include Time Management, Study Skills, Test Taking, Writing, and Stress Reduction. Students may attend any or all of the workshops. There will be time at the end of each session for questions and supportive discussion about the implementation of strategies. No intake appointment is required, but RSVP is strongly recommended. For more information and a listing of workshop topics and dates, please contact Nancy at x74462 or Nancy\_James@cuc.claremont.edu

**Fridays, 1:30-3:00pm**

**Beginning September 16, 2011**

***Nuts & Bolts of Completing Senior Thesis***

**Leader: Nancy James, Psy.D.**

This one-session workshop is designed to help seniors complete the major written requirement of their degrees. Topics include overcoming writer's block, time management, organization and structuring chapters, and adviser and reader management. No intake appointment is required, but RSVP is strongly recommended.

Please contact Nancy at x74462 or

Nancy\_James@cuc.claremont.edu

**Wednesday, September 28, 10:00-11:30am**

**Monday, November 14, 12:00-1:30pm**

***Intercultural Discussion Group***

**Facilitators: Jessica Alampay, I-Place**

**Vilma Fuentes & Lotem Giladi, MCAPS**

The I-group is a collaboration between MCAPS and I-place. It is a unique opportunity to interact with students from all around the world, discuss intercultural topics, share common experiences and challenges of cultural adjustment in a supportive environment. This is an open and ongoing group. Lunch is provided. For more information, please contact Lotem or Vilma at x18202, or Jessica at jalampay@cmc.edu or x18344.

**Tuesdays, 11:45am - 1:00pm at I-Place**

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

MCAPS (909) 621-8202