

MCAPS Groups & Workshops Spring Semester 2008

located in
The Robert Tranquada Student Services Center
757 College Way
(909) 621-8202

What Women Want: **Wednesdays, 4:30-6:00pm** **Starts: Feb 27 (11 sessions)**
Leaders: Elaine Walton, Psy.D. & Kimia Ghassemy, M.A.

This group offers a supportive atmosphere for women to explore the issues that affect their lives. These issues include finding balance between self and others, independence and connection, work and play, family, friends, and relationships. Please call Elaine Walton, Psy.D. at 607-0022 to reserve your place in the workshop.

Procrastinators Wanted: **Thursdays, 5:30-7:00p** **Starts: March 6 (5 sessions)**
Leader: Susan Kaneshiro, Psy.D.

"Perfectionist Procrastinators," "Tired Procrastinators," "Frustrated Procrastinators," "Self-downing Procrastinators"... this is a practical 5-sessions group that will help get you off to a good start!!! You will learn tools and strategies, gain insights about yourself, and have a chance to fight feeling overwhelmed by practicing new skills. For more info and registration, contact: Susan Kaneshiro, Psy.D at 607-5076.

Making Peace With Your Body: **February 26, 27, 28 (3 sessions during Body Appreciation Week) 6-7:30pm**
Leaders: Liz Gayed, Ph.D. & Diana Chan, Psy.D.

Negative body image and disordered eating are concerns that many students face. Join us for this series designed for those struggling with body acceptance and/or disordered eating to discuss these issues in the context of three key aspects: our minds, emotions and relationships, and our connection to our physical bodies. Each session in this series will focus on one of these aspects and will provide skills you can practice in each of these areas to begin to achieve peace with your body. If you are interested, please call Elizabeth Gayed, Ph.D. at 607-4480 for more information.

Nuts & Bolts of Completing Thesis/Dissertation: **Mondays, (bi-weekly) Starts: Feb. 25th 1:30p – 3pm**
Leaders: Nana Sadamura, Ph.D., and Rev. Catherine Grier Carlson

This bi-weekly group, is designed to help graduate students complete the final written requirement for their degrees. Topics will include overcoming writer's block, time management, organizing and structuring chapters, and advisor and committee management. Please contact MCAPS at 621-8202.

What's Love Got to Do With It?: **Thursdays 4:15-5:15 pm** **Starts: March 27 (3 sessions)**
Leaders: Fiona Vajk, Ph.D. & Jennifer Howes, MA

This 3-session workshop will help students learn how to develop and maintain positive, healthy, and fulfilling, romantic relationships. Students will gain insight about their own expectations of and stereotypes about successful romantic relationships. Factors that current research has found to be most predictive of a lasting relationship will be discussed. Please call Fiona Vajk, Ph.D., or Jennifer Howes, M.A., at 621-8202 to register for the group.

Extreme Makeover: **Thursday, April, 3 and April 10, 2008 from 2-3:30pm**
Leader: Veronica Lim, LCSW, MPH

Are you tired of always playing catch up with your assignments or readings for your class? Keep getting stuck in the same routine? Wanting to change an annoying behavior like nail biting? Have you been trying to quit smoking? How about adding exercise to your busy schedule? This 2 part workshop will teach you the tools to get rid of an unwanted behavior or to change your routine. Grab a friend, grab your boyfriend/girlfriend/partner to find out the change cycle and the steps to create a new you. If interested, please contact Veronica Lim, LCSW, MPH @ 607-0701.

Life After Graduation: **Tuesdays, 2-3p Date: April 1 & April 8 (2 sessions)**
Leader: Kimia Ghassemy, MA

This group offers an empathic atmosphere for graduating seniors to discuss anxiety and stress brought upon by life after graduation. Topics will include employment, independence from family members, making life decisions, and being comfortable with the 'unknown'. Students will gain insight about their own expectations and those of others as well as coping skills to deal with life stressors brought on by these expectations. If interested, please contact Kimia Ghassemy, MA at 607-4462.

How to Party Smart: **Thursday, March 6 from 3-4:30pm**
Leader: Veronica Lim, LCSW, MPH

Can you still have fun and party with limits? Of Course! Come learn about how to set personal limits and how alcohol and drugs affect your brain, your skin and your overall body. This is a one-time seminar. If interested, please contact Veronica Lim, LCSW, MPH @ 607-0701.

Yogathon: **Starts: TBA (around the last 3 weeks of the semester)**
Organizer: Jennifer Mares, MPH (Health Education Outreach Office)

Be on the lookout for *Health Education Outreach's* second **Yoga-thon** before Finals week! Join HEO, MCAPS and SHS in celebrating wellness and relaxation at this all day event where you can take a relaxing yoga class (or two!) taught by a certified instructor and get great gifts and prizes! Please call Jennifer Mares at x73602 for more information.

Students with Disabilities Support Group: **Date/Time: TBA**
Leaders: TBA

Please contact Nana Sadamura, Ph.D., at 607-4479, if you would be interested in this support group.