

University Health and Psychological Services
5044 N. Barton Avenue, Fresno, CA 93710
(559) 278-6738

Support Groups for Students (*by referral)

<u>Group</u>	<u>Facilitator</u>	<u>Day/Time</u>
<u>Warrior Strategies for Success</u> <i>Confidential environment for veterans to share common experiences and develop successful strategies for college.</i>	Gena Gechter, Ph.D.	Mondays/1:00 p.m.
<u>Feelings Management</u> <i>To develop skills and strategies for coping with overwhelming or negative emotions. “Don’t let your feelings manage you – manage them.”</i>	Gena Gechter, Ph.D.	Tuesdays/10:00 a.m.
<u>New Pathways</u> <i>Reevaluating unresolved events of our childhood and adolescence: discovering new pathways.</i>	Josie Rangel, LCSW	Wednesdays/11:00 a.m.
<u>Relationships</u> <i>Learn strategies to help build healthy and satisfying relationships through developing better self-esteem, boundary-setting, and assertive communication skills.</i>	Rebecca Raya-Fernandez, Psy.D.	Wednesdays/1:00 p.m.
<u>Common Ground/LGBTQ+</u> <i>Connect with other members of the LGBTQ+ campus community.</i>	Leslie Weiser, Psy.D.	Thursdays/1:00 p.m.
<u>Mind Over Mood</u> <i>Empower yourself: put your mind in charge of your moods. Learn how to practice mindfulness, communicate effectively, and develop strategies for getting through difficult emotions.</i>	Leslie Weiser, Psy.D.	Thursdays/3:00 p.m.
<u>Self-Esteem/Confidence</u> <i>Self-esteem/confidence is an integral part of personal happiness, fulfilling relationships, and achievement. This group is designed to educate, counsel, and support participants while exploring feelings and developing tools to improve self-esteem and self-confidence.</i>	Rebecca Raya-Fernandez, Psy.D.	Fridays/2:00 p.m.

Outreach to Students (drop-in basis – no referral needed)**

Stress Busters Leslie Weiser, Psy.D. Mondays/12:00 p.m.
LOCATION: Thomas Adm. Bldg, Gallery Conference Room

Stressed by school, work, financial issues or family responsibilities? Learn how Mindfulness Meditation, emotional freedom techniques, and guided imagery can help. A different topic will be covered each week.

United Student Pride Drop-In Leslie Weiser, Psy.D. Mondays/4:00 p.m.
Health Center Conference Rm.

A discussion group for members of the LGBT+ campus community. Come by for great conversations, support, and mentoring.. LGBT+ students not affiliated with United Student Pride are also welcome.

***If you are interested in attending any of the above-listed Support Groups, you must first come into Psychological Services during the walk-in hours for an initial screening. Please come directly to Area E inside the Student Health Center during walk-in hours, Monday through Friday, 9:00-11:00 a.m. and 2:00-4:00 p.m. We ask that you arrive at least one-half hour before the end of those times to get started. For questions, call 278-6738.**