**ACT for Social Confidence — Wednesdays, 1:00-2:30**
Anxiously avoiding can sometimes come at the price of meaningful connection. Mindfulness and Acceptance & Commitment Therapy show that you can learn how to be open to difficult thoughts or feelings while reducing isolation and suffering, which can help you to then start doing things that are important to you.

**Adulting with ADHD — Mondays, 3:00-4:30**
Provides a safe space for those living with ADHD to share their experiences, gain support, explore effective coping strategies, gain greater understanding of symptomatology, and learn to harness the gifts of ADHD to improve overall life satisfaction. Formal diagnosis not necessary.

**Autism Connections — Thursdays, 1:00-2:30**
For students with Autism and other related disorders who would like to improve interpersonal effectiveness skills, improve ways of connecting with others, and work on skills related to forming meaningful relationships.

**Black Empowerment — Mondays, 1:00-2:30; Tuesdays, 3:00-4:30**
An empowering and supportive gender-inclusive group for Black students. This safe, confidential group allows for exploration of issues such as academics, family, relationships, self-esteem, body image, discrimination, while incorporating elements of interpersonal connection, and ethnic and ally identity development.

**Body Project — Fridays, 10:00-11:30**
A four-session experience for female-identified students to explore the topic of body image, understand and challenge beliefs related to the “appearance ideal”, and create your own new “healthy ideal”.

**Body Wellness — Tuesdays 10:30-12:00**
This group is for students struggling with low self-esteem, body dissatisfaction, mild disordered eating behaviors, and related issues. Students will learn to view their bodies, abilities, and emotions from a more balanced and nurturing perspective.

**Depression Support and Process — Wednesdays, 3:00-4:30**
This group is to help people manage their depression by connecting, understanding, and supporting one another.

**Empowering Asian Voices — Tuesdays, 1:00-2:30**
A supportive space for any Asian-identified students to express themselves, share their voice, and be heard. Students will explore culturally relevant issues such as, but not limited to, academics, family, race/culture, identity, pressures/expectations, discrimination, and values to facilitate improved wellness.

**Empowerment Through Music Group — Thursdays, 10:00-11:30**
Students will use musical interventions to improve self-esteem, gain confidence with self-expression, and build ties to others. Creative strategies will also provide relief for anxiety and depression. No musical talent or experience is needed.

**Graduate Connections — Wednesdays, 3:00-4:30**
This group provides support for master’s and doctoral students to manage the demands of graduate school by providing a space to discuss academic and personal challenges and an opportunity to connect with other graduate students.

**Grief and Loss — Wednesdays, 10:00-11:30**
Provides a safe and supportive space for students to learn about different responses to loss, to explore the grief process, and to share their own experiences.

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**WHAT IS GROUP THERAPY?**
Highly effective treatment option
Works well for interpersonal difficulties
About 7-9 students meet weekly for 90 minute sessions
Groups may be structured, unstructured, or a mix

**HOW CAN I JOIN GROUP THERAPY?**
Schedule an initial assessment
Talk about your interest in group
Schedule a screening with the group facilitator
Ask questions about the group
Health Support — Mondays, 1:00-2:30
This is a support group to empower and enhance wellness for students with chronic health conditions. Goals include improving self-care, increasing coping skills, discussing body image concerns, and learning how to set healthy boundaries with others.

I Thought it Was Me — Thursdays, 3:00-4:30
This group explores how past experiences affect the present. This is a safe space where you can relate to feeling alone in a crowd, having difficulty belonging or maintaining relationships, and often guessing what “normal” is. You may identify as having been neglected, traumatized or even abused; you are welcome here.

Men’s Group — Thursdays, 3:00-4:30
This group aims to help men explore society’s unwritten rules while examining the impact of confining gender roles. Members will learn to differentiate external and internal pressures, manage and express emotions, balance social/cultural expectations with personal life goals, enhance self-care, and redefine masculinity.

Mindfulness — Wednesdays, 10:00-11:30
A place to experience and become aware of what is happening in the present moment with curiosity, openness and nonjudgment. Mindfulness-based skills will be incorporated into your day-to-day activities.

Relationships — Fridays, 10:00-11:30
This process group aimed at helping those interested in building healthy, strong, and stable romantic relationships.

Sister Circle — Mondays, 3:00-4:30
An empowering and supportive group for Black female students. This safe, confidential group allows for exploration of different issues such as family, relationships, self-esteem, beauty, body image, and academic difficulties.

Stress Management and Resiliency — Tuesdays, 1:00-2:30
This group focused on helping individuals develop strategies to manage stress and improve resiliency in order to be prepared for any adversity that may occur.

Support Group with Bodhi the Therapy Dog — Fridays, 1:00-2:30
Join this group if you would like some quality time with our fluffy Havanese Bodhi. He will assist in creating a warm environment where you can obtain support as you share about your personal experiences and feelings, as well as similarly provide support to a small group of your peers.

TAO Tools for Anxiety — Tuesdays, 10:00-11:30
This 7-week group will help students learn different coping tools (e.g. mindfulness, guided imagery, identifying negative thoughts, etc.) to manage anxiety through Therapist Assisted Online (TAO) program.

Trans/Gender Diverse Empowerment — Wednesdays, 1:00-2:30; Thursdays, 1:00-12:30
This group is for persons who are seeking support in realization of their gender identity. Topics may include coming out, transitioning concerns, family concerns, systemic oppression, self-advocacy, and other relevant issues.

True Colors — Mondays, 3:00-4:30
This group provides a safe space for individuals who identify as lesbian, gay, bi, queer, or questioning to explore and discuss their concerns. Possible topics include relationships, family, coming out, religion, discrimination, and homophobia./queerphobia. Embrace your identity in a supportive environment.

Understanding Self and Others — Mondays, 1:00-2:30; Tuesdays, 1:00-2:30; Wednesdays, 1:00-2:30; 3:00-4:30; Thursdays, 1:00-2:30; 3:00-4:30
This group is for students wanting to better understand themselves and their relationships, allowing for the opportunity to provide and receive honest feedback in a therapeutic setting. Members guide session focus, may include relationships, communication, emotional support or expression, and social perceptions.

Women and Relationship Group— Wednesdays, 10:30-12:00
This group helps women to build self-esteem and self-acceptance, gain greater self-understanding, and to relate more comfortably to others.

Women’s Empowerment—Tuesdays, 3:00-4:30
This group is designed to provide a safe space for women to feel empowered to heal from unwanted sexual experiences, abuse, and unhealthy relationships.

Women’s Family—Tuesdays, 10:00-11:30
This group focuses on facilitating self-understanding and awareness of relationship patterns. Students will explore past experiences with one’s family and important relationships, unresolved concerns, and learn new ways of relating to one’s self and others.

Women’s Understanding Self and Others — Tuesdays, 3:00-4:30
This group is a space for women who want to gain a better understanding of themselves and learn how to relate more comfortably to others. Members guide session focus, which may include self-esteem, relationships, and social perceptions.

Participating in any of these therapy groups requires that you first meet with the group facilitator at UCF Counseling & Psychological Services. For questions about accessibility or to request an accommodation, please contact us at 407-823-2811.

CAPS Group Rooms | Building 27

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