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

Basic Tools for Managing Anxiety — Tuesdays, 10:00-11:30
Tired of feeling anxious? This is the group for you. The goal of this 4-weekly virtual group is to provide psychoeducation on anxiety. This group will walk you through what anxiety is, what it physically does to the body and what you can do to respond to it in healthy ways. You will walk away with variety of coping tools to keep the anxiety at bay. Some of the skills that you will learn and practiced: challenging your anxious thoughts, breathing techniques, mindfulness, grounding exercise, and many more.

Beating Anxiety — Wednesdays, 1:00-2:30
Tired of getting beat by anxiety? Wondering why? Not knowing how to control it? If you answered yes to any of questions then this is the group for YOU!! This is a 4 week program that will focus on: 1. Learning what activates anxiety, from a medical perspective; 2. Fine-tuning identification and recognition of anxiety symptoms; and 3. Teaching techniques that will help you control anxiety symptoms.

Building Social Confidence — Tuesday, 1:00-2:30 & Thursdays, 1:00-2:30
Anxiously avoiding can sometimes come at the price of meaningful connection. This group focuses on identifying and acknowledging fears related to social situations, reducing unhelpful thinking patterns, and strengthening effective social skills and behaviors.

Body Wellness — Thursdays, 1:00-2:30
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.

Creative Connections — Thursdays, 10:00-11:30
This group aims to enhance self-esteem while utilizing the expressive arts to heal. No art experience necessary, only trust in the creative process.

Depression Support/Therapeutic Journaling — Mondays, 1:00-2:30
This group is to help people manage their depression by connecting, understanding, and supporting one another.

Everyday Mindfulness— Mondays, 1:00-2:30
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.

Empowering Asian Voices — Mondays, 11:00-12:30
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.

Grief and Loss — Tuesdays, 10:30-12:00
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.

Health Support — Thursdays, 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, 10-11:30 & 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.

WHAT IS GROUP THERAPY?
Highly effective treatment option
Works well for interpersonal difficulties
About 5-9 students meet weekly via telemental health 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

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Living with ADHD — Mondays, 1:00-2:30 & Thursdays, 1:00-2:30
This group provides a safe space for those living with ADHD to gain support, deepen understanding of symptomatology, and explore coping strategies in order to improve overall life satisfaction. Formal diagnosis not necessary.

Men’s Group — Wednesdays, 2:00-3:30
This group is aimed at helping men explore society’s unwritten rules and expectations while examining the impact of confining gender roles. Group members will learn to differentiate between external and internal pressures, learn to manage and express emotions, balance social/cultural expectations with personal life goals, enhance self-care, and redefine masculinity.

Motivation Enhancement — Wednesdays, 3:00-4:30
This 5 session group will help students achieve goals through practicing effective motivation strategies and receiving support from others.

Mi Gente— Thursdays, 10:00-11:30
This is an empowering and supportive group for Hispanic/Latino(a) students, which allows for an exploration of issues such as academics, family, relationships, immigration, discrimination, and other social justice topics while promoting interpersonal connection and identity development.

Q Support — Wednesdays, 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. Embrace your identity in a supportive environment.

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

Self-Compassion — Fridays, 10:00-11:30
This group is for students who struggle with a harsh inner critic. Students will learn to set kind and realistic expectations of themselves, eliminate self-judgment, and learn to treat themselves with the same warmth, compassion, and kindness they would offer a close friend.

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.

Safety and Self-Care — Thursdays, 3:00-4:30
This group focuses on establishing self-care rhythms to facilitate on-going healing. It is designed for women who have survived trauma, want to better understand its impact, and resume control over their lives.

Trans Empowerment — Tuesdays, 1:00-2:30 & Wednesdays, 1:00-2:30
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.

Understanding Self and Others — Mondays, 10:00-11:30, Wednesdays, 10:30-Noon & 3:00-4:30, or Thursdays, 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, which may include relationships, communication,emo-tional support or expression, and social perceptions.

Understanding and Managing My Anxiety— Wednesday, 10:30-Noon
This is a group directed for all people that are impacted by anxiety. It is psychoeducational in nature, and it has the goal of providing you with an understanding of anxiety and important factors that contribute to the exacerbation of it. At the same time, you will learn strategies to manage anxiety and decrease its symptoms.

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.

CAPS Group Rooms | Building 27

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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.