Queer Support Group*
This group is open to any students of the 7C’s who identify as queer and are looking for ways to connect with other queer identified students for support. Weekly group topics initiated by group members and may include identity development, coming out, intersectionality, academic concerns, experiences as a queer or trans person of color, feeling safe on campus, family issues, religion, stress/coping, and relationships/dating issues.

**Fridays, 3-4 pm**
**Contact:** Beth.Perlman@claremont.edu

Students of Color Group*
This group provides a space for students of color to discuss the complexities of navigating personal and interpersonal spaces within and outside of The Claremont Colleges. Students can discuss, explore, and give voice to feelings and experiences related to culture shock, campus climate, racism, racial identity, oppression and privilege, self-esteem, relationships, family, intersectionality, stress/coping, and other topics of interest.

**Fridays, 2:30pm-4pm**
**Contact:** Lisette.Sanchez2@claremont.edu or Dana.Reyes@claremont.edu

Men’s Group*
This group focuses on men learning to improve their relationships with others and deepen their understanding of themselves. Typical themes include building confidence, learning about aspects of masculinity (e.g., embodiment of strength), and discussing their roles as men. Similar to other therapy groups, this group is open to other topics, including depression, anxiety, adjustment, and other personal concerns that may or may not be related to one’s gender identity. The group offers a safe place for members to share honest thoughts and support one another in meeting their personal goals.

**Mondays, 3-4:30 pm**
**Contact:** Sean.Cheng@claremont.edu or Grant.Goodman@claremont.edu

Women’s Group*
This group is for women who would like to share and explore issues that have a daily effect on their lives. Participants will receive and provide support to realize an empowered living. Topics for discussion include: self-esteem, responsibility for others and need for self-care, family, relationships and intimacy, communication, academic pressure, and life transitions.

**Fridays, 1-2 pm starting February 22nd**
**Contact:** Carrie.Park@claremont.edu

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

Please email the contact person if you are interested in any of the groups above or have any questions about the group. For any other general group inquiries, contact Sean.Cheng@claremont.edu.